THE STAR TREK™ COOKBOOK

NEW YORK TIMES BESTSELLING AUTHOR
CHELSEA MONROE-CASSEL

Culinary Adventures in the Final Frontier

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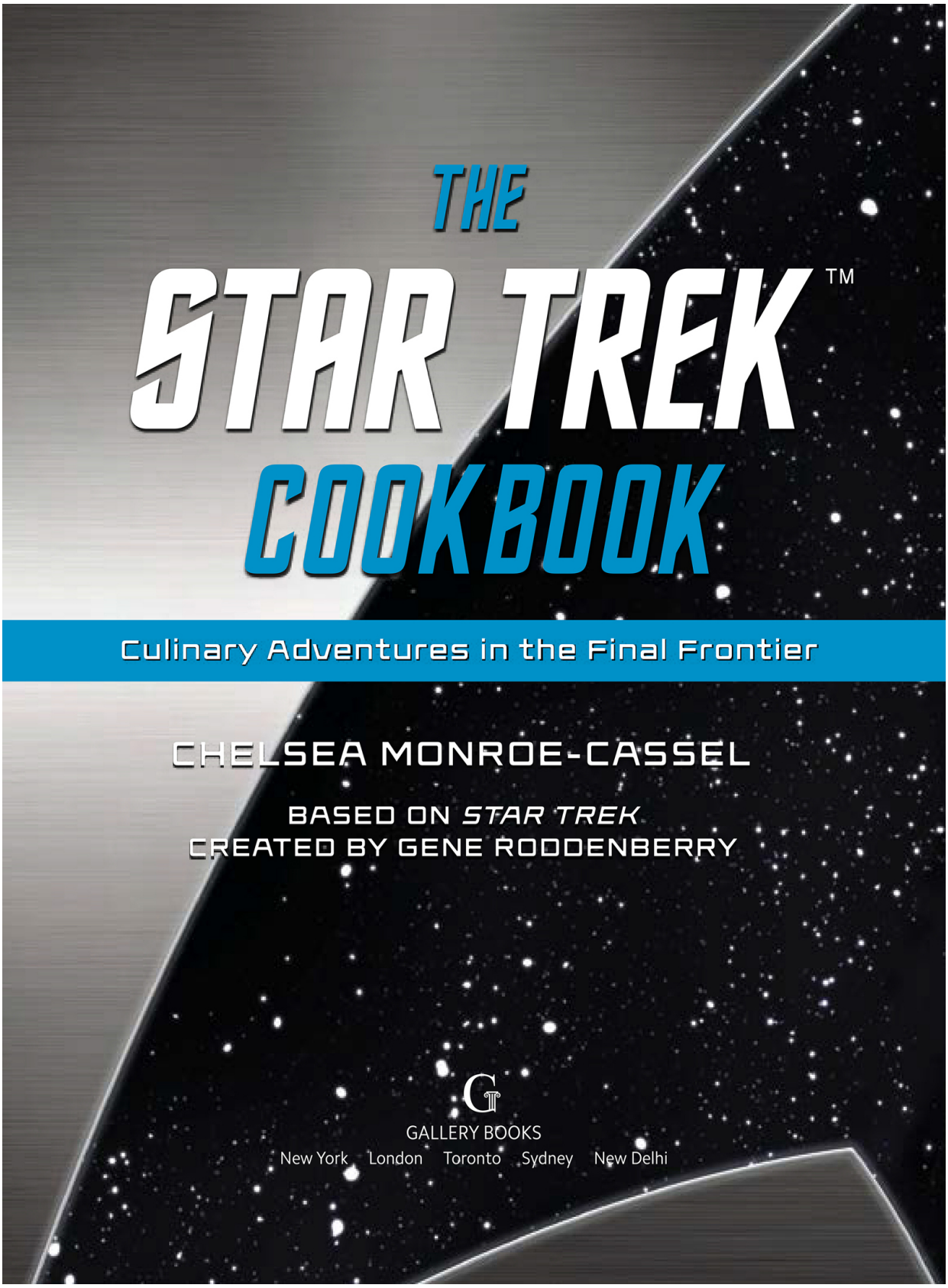
THE
STAR TREK™
COOKBOOK
Culinary Adventures in the Final Frontier
CHELSEA MONROE-CASSEL
BASED ON STAR TREK
CREATED BY GENE RODDENBERRY
GALLERY BOOKS
New York London Toronto Sydney New Delhi

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For Pippa—
May you someday live in a world worthy of the Federation.

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Welcome, Cadets!

Some of you are here because you want to better understand the cultures of our fellow Federation members, and some are probably here simply to fulfill your flex-credits. Whatever the case, I hope you leave today with a deeper understanding of how gastronomical decisions can help ensure a positive outcome to diplomatic assignments. My own passion for this course of study is only one of the reasons I was so excited to undertake this project when the representatives from Starfleet first contacted me.

As we all know, even worlds with replicators and protein synthesizers are not without restaurants. People will always want to share meals with one another, whether they're overindulgent breakfasts at classic-revival diners or more exotic fare at high-end establishments. We teach our children to love food by introducing them to recipes we ourselves love, and even now, in the twenty-fourth century, a home-cooked meal is still a gesture of respect and appreciation for guests. Food can open new horizons and experiences, can bring back treasured memories, and can be a primary reason to gather and celebrate.

The experience of togetherness is one that cannot be replicated, and the value of that feeling should not be underestimated. One needs only to glance at the mess

halls of Starfleet Academy to know this is true; even with replicated meals, there is no replacement for the camaraderie of eating together—of “breaking bread,” as it was once called here on Earth.

That is why the examination and careful consideration of food as a key component of diplomacy is so vital. Numerous studies have shown that a shared meal between two parties greatly increases the likelihood of good relations, regardless of the cultural differences that may exist. And it is the responsibility and obligation of every member of Starfleet and the United Federation of Planets to promote understanding and accord wherever possible, and by whatever means are most effective.

The Federation is made up of a plethora of varied cultures, but we all eat—both to survive and for pleasure. We all have families, and proud traditions and history. In the end, I believe there is much more that binds us together than separates us, if only we could take the time to appreciate one another.

In order to further our quest for universal understanding, I have compiled this reference guide as a pan-Federation recipe collection. Although this text is just a small sampling of the countless delicious dishes to be found in our universe, I have endeavored to provide a comprehensive overview of many of the most popular meals across cultures. Suggested pairings, both conventional and unusual, will ensure a unique and memorable meal for guests, whether they are visiting diplomats or old friends. While I have included predominantly Earth ingredients in these recipes, I encourage you to go out and explore the cuisines of different species, many of which will likely be available on

the starships and space stations to which you will soon be assigned.

At a time when the universe has never seemed larger, we can bring a little bit of that vastness into the cozy comfort of our own kitchens, and thereby forge a small connection with distant cultures across the stars. We are never so close to one another as when we are sharing a meal, regardless of the cultural, physical, or ideological distances we must cross to do so.

—Chelsea Monroe-Cassel, Gastrodiplomat
Excerpt from a lecture given at Starfleet Academy, Earth, 2382

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THE BASICS: SAUCES AND GARNISHES

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Syrup of Squill

Source: *Deep Space Nine*
Culture: Balancari

Difficulty: 2/4 pips
Preparation: 5 minutes
Cooking: 15 minutes
Makes: about 2 cups
Pairs well with: Groatcakes or other breakfast pastries, ice cream, hot tea
Used in: Fanalian Toddy

Although many attempts have been made to grow squill crops on other planets (presumably to break into the Balancari Agricultural Consortium's monopoly on this syrup), these efforts have not borne fruit. Perhaps this has not a little to do with the symbiotic relationship of the squill plant and a tiny *qirmiz* beetle whose chitinous exterior has a decidedly sweet flavor. The exact nature of the symbiosis between the *qirmiz* beetles and the squill plant has not been fully researched, but as the parasitic insects are native only to Balancar, so too for the time being is the entirety of squill syrup exports.

As to the syrup itself, it is perfectly suited to a wide array of breakfast dishes, from Earth waffles to Bajoran groatcakes. The sweet liquid has a warm red tone to it, as well as an almost pulpy texture from the dried squill pods, balanced by a rich, earthy flavor, making it an ideal condiment for any breakfast serving.

INGREDIENTS

1 cup dried squill or rose hips
2 cups water
1 hibiscus tea bag
½ cup honey, or more to taste
Pinch of ground cloves
1 teaspoon cornstarch

1. In a small saucepan, combine the rose hips, 1 ½ cups water, and the tea bag. Bring to a simmer over medium heat and cook until the rose hips have softened considerably, about 15 minutes. Add the honey and ground cloves. In a small bowl, dissolve the cornstarch in ½ cup water. Stir this mixture into the saucepan, then strain everything into a clean bottle or pitcher to serve, pressing with the back of a spoon to extract as much liquid as possible.

2. Serve warm or chilled. Can be refrigerated for up to 1 week.

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Fettran Sauce

Source: *Voyager*
Culture: Risan

Difficulty: 3/4 pips
Preparation: 5 minutes
Cooking: 15 minutes
Makes: about 1 cup
Savory pairs well with: shrimp and fish, pork, vegetables
Sweet pairs well with: ice cream, brownies, chocolate, pie
Savory sauce used in: Fettran Risotto, Lingta Roast
Sweet sauce used in: Sweet Leola Root Tart

Originally developed on the pleasure planet Risa to suit the tastes of visitors from a variety of Federation worlds, this versatile sauce is a staple of the opulent buffets enjoyed by vacationers. What is not commonly known is that "Fettran" is simply the vernacular pronunciation of "Federation" in the island dialect of the Risan chefs who originally created it.

The base recipe for Fettran sauce can be adapted to make either a savory or sweet version. The savory sauce has notes of burnt caramel and a pucker-tang of vinegar that pairs well with roasted meat, vegetables, and fish, and is especially popular over shrimp. The sweet version is thick and creamy, with a slight salted note that is simply decadent drizzled over any number of desserts and encourages the scraping of every last morsel from the plate.

SAUCE BASE

½ cup granulated sugar
¼ cup honey

SAVORY

⅓ cup apple cider vinegar

1 tablespoon white miso paste
½ teaspoon dried sage

SWEET

⅓ cup heavy cream
1 teaspoon unsalted butter
2 tablespoons white miso paste

Make the sauce base: In a small saucepan, gently stir together the sugar, honey, and a splash of water and heat over medium heat until the sugar has dissolved. Stop stirring and bring the mixture to a boil, cooking for several minutes until it has turned a rich amber brown color. Follow the directions for the savory or sweet version (below).

For the savory sauce: Remove the saucepan from the heat and quickly whisk in the vinegar and miso paste, which will cause the sugar to sputter and seize, but keep beating until it is completely combined. Add the sage and allow it to infuse for at least 15 minutes. The mixture will set as it cools, so gently rewarm and strain out the sage to use.

For the sweet sauce: Remove the saucepan from the heat and quickly whisk in the heavy cream, beating until it is completely combined. Stir in the butter and miso paste and transfer to a serving container.

Note: Both versions can be refrigerated for about 1 month. It is worth noting that while this is the base recipe for Fettran sauce, numerous flavorful variations can be created by altering the type of sugar, honey, vinegar, or seasonings used.

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Kavarian Olive Oil

Source: *Voyager*
Culture: Kavarian

Difficulty: 2/4 pips
Preparation: 10 minutes
Cooking: 1 minute
Makes: about 4 ounces
Used in: Seltin Pâté, Porakan Cloud Eggs

Kavarian olives are known for their robust flavor and deep green color. It's one of the favored foods of the tiger-bat on its native Kavaria. These olives are popular as part of an appetizer spread and as a component of many other dishes, including as a topping on Earth pizza. The olive oil pressed from such fruit is a striking vibrant green with a deep earthy flavor. As Kavaria is located some distance from the Bajor-Deon trade route, it's just as well that a little bit of this oil goes a long way, enhancing both the flavor and appearance of many meals, even in small quantities.

INGREDIENTS

1 teaspoon salt
Several handfuls of fresh parsley, large stems removed
¾ cup olive oil
1 clove garlic, minced

1. Fill a large bowl with ice and water. In a small pot, bring 3 cups of water and the salt to a boil. Plunge the parsley into the boiling water for 5 to 10 seconds, then immediately transfer to the ice bath. Once cooled, press the parsley dry between kitchen towels, wringing out as much water as possible. In a small bowl, combine the parsley, olive oil, and garlic and puree until smooth with an

immersion blender. Strain into a clean bottle (one with a squeeze top is best).

2. Experiment with other herbs, such as chives, wild garlic, Antarean Basil, thyme, cilantro, and Vulcan Mint.

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Greenbread

Source: *Deep Space Nine*
Culture: Yaderan (nominally)

Difficulty: 1/4 pips
Preparation: 5 minutes
Cooking: 2 minutes
Makes: 2 small portions
Pairs well with: soups, savory dishes, sharp cheeses

Although this recipe shares a name with a type of Yaderan bread from the Gamma Quadrant, that's about as far as the similarity goes. While the Yaderan recipe is painstakingly prepared overnight before being baked in loaves, this recipe produces much smaller portions, almost bun-like in size. With a light, healthy flavor and a springy texture, these mini loaves are so easy to make that they have become a popular addition as a garnish for many different recipes across the Federation.

INGREDIENTS

Softened unsalted butter for the ramekins
1 cup all-purpose flour
1 teaspoon baking powder
Pinch of salt
1 tablespoon olive oil
½ cup water
1 large egg
½ cup fresh or frozen (thawed) green peas

1. Lightly butter two medium (around 6 oz.) microwaveable bowls or ramekins and set aside.

2. In a small bowl, toss together the flour, baking powder, and salt. In a separate bowl or large glass measuring cup, combine the olive oil, ½ cup water, the egg, and peas. Puree the mixture with an immersion blender until no large pieces remain. Add the

flour mixture and continue to blend until completely combined. Divide the mixture evenly between the two buttered bowls. Cook in the microwave for approximately 1 ½ minutes, then let cool for another minute before removing from the bowls.

3. Other vegetables can be used instead of peas, and in roughly the same quantity. Likewise, a sweet version can be created by adding 1 tablespoon of sugar and replacing the vegetables with the fruit of your choice—berries in particular work very well for this version.

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Orion Spice Crumble

Source: Orions
Culture: Orion

Difficulty: 2/4 pips
Preparation: 5 minutes
Cooking: 15 minutes
Makes: about 1 cup
Pairs well with: a variety of desserts and appetizer dishes; over yogurt or in fruit smoothies

Known for their warming and sometimes intoxicating spices, the Orions have also contributed this culinary gem to the wider galaxy. As their trade networks are so vast, it's no wonder that this simple garnish goes brilliantly with desserts from a diverse selection of worlds. The rich, nutty flavor balances whatever it's added to, while the texture and slight sweetness are pleasing to a variety of species. It can be made well ahead of time and used as needed for plating. Utilizing the several variants listed below yields an array of flavors and makes it a recipe prized by many chefs both within the Federation and beyond.

INGREDIENTS

2 tablespoons hot water
Pinch of salt
¼ cup honey
¼ cup nuts (hazelnuts, almonds, etc.)
¼ cup seeds (sunflower, pumpkin, etc.)
¼ cup rolled oats

OPTIONAL ADD-INS

¼ cup freeze-dried fruit (blueberries, raspberries, etc.)
½ teaspoon spices (cinnamon, ginger, Chinese five-spice, etc.)
1 tablespoon unsweetened cocoa powder plus a splash of vanilla extract

1. Preheat the oven to 300°F. Line a baking sheet with parchment paper or a silicone baking mat.

2. In a medium bowl, mix the water, salt, and honey. Toss with the nuts, seeds, and oats until everything is evenly covered. Spread on the lined baking sheet and bake until caramelized, about 15 minutes. Allow to cool for about 10 minutes.

3. Transfer to a food processor or blender and add any of the optional add-ins if desired. Pulse the mixture until no large pieces remain. The crumble can be stored in an airtight container for up to 1 month.

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Yamok Sauce

Source: *Deep Space Nine*
Culture: Cardassian

Difficulty: 2/4 pips
Preparation: 5 minutes
Cooking: 15 minutes
Makes: a little over 1 cup
Pairs well with: First Contact Day Salmon, Gramilian Sand Peas, and cooked vegetables

This smoky, savory sauce is a staple of Cardassian cuisine and used to top numerous dishes, such as *tojal* and *sem'hal* stew. The smoky flavor is derived from an herb native to Cardassia Prime, which is utilized in the aging process of the cheese to create a condiment that can spruce up even the most basic vegetables.

Other cultures, especially in the Federation, have found additional innovative ways to use the sauce, such as drizzling over a plate of fries or as a dip for pretzels. Whatever its end result, this versatile condiment is sure to please a wide variety of guests with its creamy texture and deep essence.

INGREDIENTS

1 ½ cups milk
1 or 2 lapsang souchong tea bags
2 tablespoons unsalted butter
2 tablespoons all-purpose flour
¼ pound smoked Gouda cheese, cut into small cubes
1 teaspoon Thai red curry paste
½ teaspoon smoked paprika

1. In a medium saucepan, combine the milk and tea bags. Bring to just under a simmer over medium heat until the milk is steaming,

then remove from the heat and allow the tea to steep for 5 minutes. Discard the tea bags.

2. In a separate saucepan, melt the butter over medium heat. Whisk in the flour and cook, stirring, for about a minute, then gradually whisk in the hot milk. When the mixture is smooth and evenly blended, reduce the heat to medium-low and add the Gouda, stirring to combine. Once the cheese has melted, remove from the heat and stir in the curry paste and smoked paprika.

3. This sauce is best served fresh and warm, but can be covered and chilled for several days. Gently rewarm in a pan for best results.

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Grapok Sauce

Source: *Deep Space Nine*
Culture: Klingon

Difficulty: 1/4 pips
Preparation: 10 minutes
Cooking: 5 minutes
Makes: about 1 cup
Pairs well with: Gagh, Lingta Roast
Used in: Gagh, Rokeg Blood Pie

While often thought of as a somewhat dull condiment, fresh *grapok* sauce actually starts as a vibrant red, fading to a more muted brown with time and long storage necessitated by export from Qo'noS. It is commonly served over *bregit* lung and *gagh*, although its vivid color and deep earthy flavor make it well suited to dishes from many cultures, such as Earth pasta or meaty entrées.

INGREDIENTS

¾ cup beet juice
¼ cup reduced-sodium soy sauce
1 tablespoon balsamic vinegar
1 tablespoon cornstarch
2 tablespoons light brown sugar

1. In a small saucepan, combine the beet juice, soy sauce, vinegar, cornstarch, and brown sugar and stir until the cornstarch has completely dissolved. Set over medium-low heat and stir until the sauce has thickened considerably, several minutes. Serve warm.

2. If you'd like a little more heat to your sauce, consider adding ground black pepper or red pepper flakes to taste.

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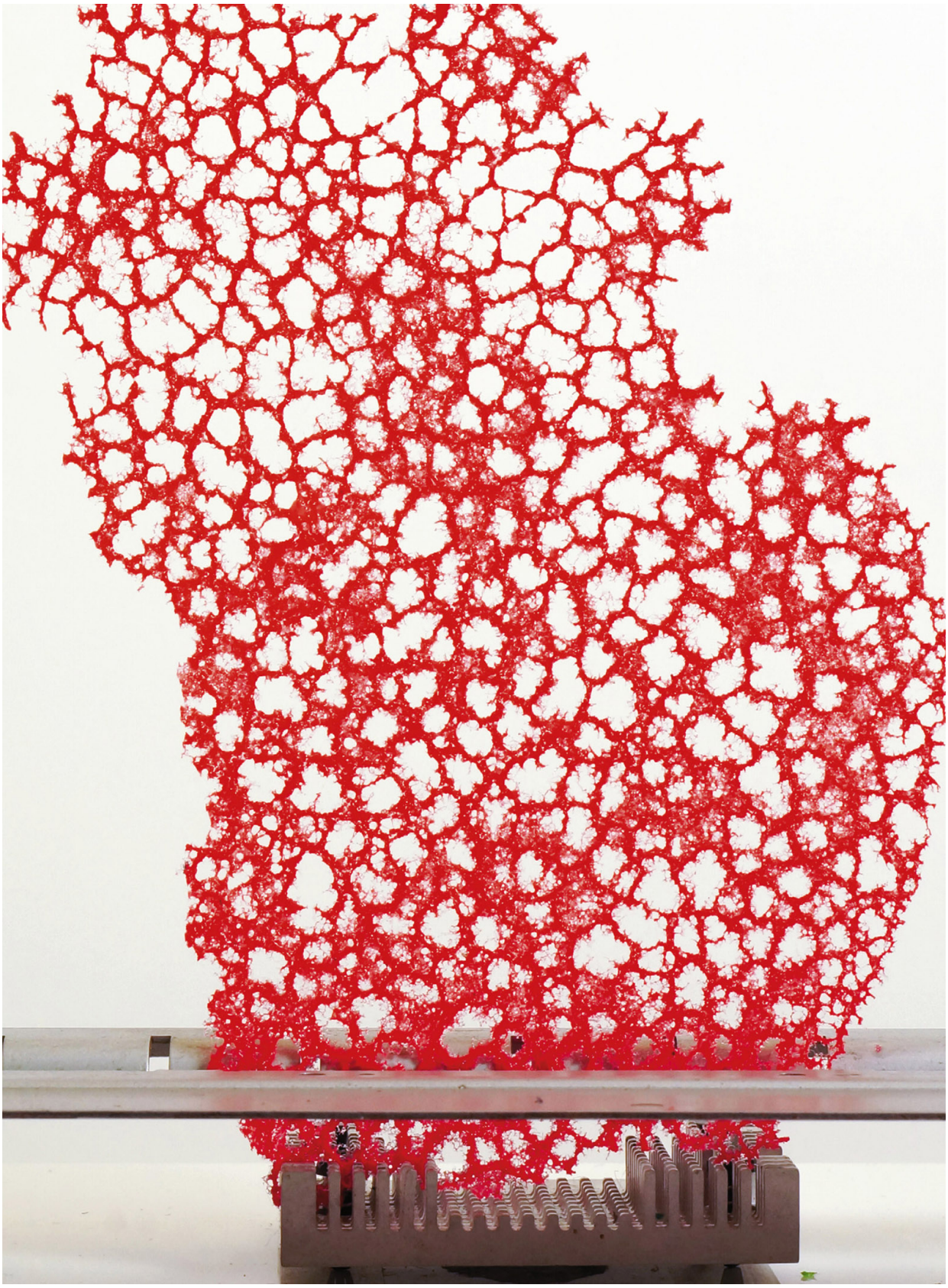

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Coral Tuile Garnish

Source: Unknown
Culture: Unknown

Difficulty: 2/4 pips
Preparation: 5 minutes
Cooking: about 5 minutes each
Makes: 1 large tuile, or several smaller
Pairs well with: savory dishes

With a lacy texture reminiscent of the diverse corals of the Hermosa Reef or the colorful mood reefs of Gedi Prime, these delicate garnishes add elegance to any dish. Predominantly used on savory dishes, their application and variety is bound only by the imagination. They are simple to make, although the exact technique may take a little practice.

INGREDIENTS

⅓ cup water, chicken broth, or vegetable broth
2 tablespoons toasted sesame oil
1 tablespoon all-purpose flour
Food coloring of choice (optional)

1. Heat a skillet over medium heat. In a small bowl, mix the water, oil, flour, and food coloring (if using) thoroughly. Ladle onto the skillet and let the mixture cook until it stops bubbling, then carefully remove to a paper towel to drain and cool.

2. The success of these lacy corals depends on the mixture being completely combined, especially if working with larger batches. For a higher yield, consider transferring the mixture to a small squeeze bottle, which can be shaken before applying the batter to the hot pan.

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Meringue Drops

Source: Unknown
Culture: Federation

Difficulty: 3/4 pips
Preparation: 20 minutes
Baking: about 45 minutes
Makes: several cups' worth of small garnishes
Pairs well with: any desserts
Diplomatic plating: Use these decorative garnishes to embellish your other desserts. You can customize them to any flavor and color combination you like, either to honor your guests or to enhance the appearance of your dishes.

Not every species has a sweet tooth, but even those without can often appreciate a bit of aesthetic flair added to a dish. On Earth, these delicate melt-in-your-mouth morsels are created with a cunningly wrought combination of sucrose and the ovum of *Gallus domesticus*. They can be found topping a variety of pastries, as an edible dish for fresh fruit, and as simple cookies, such as these featured miniature garnishes.

INGREDIENTS

2 egg whites
Pinch of salt
Pinch of cream of tartar
Scant ½ cup sugar
Flavorings, such as cinnamon, orange, etc.
Food coloring

1. Preheat the oven to 200°F. Line two baking sheets with parchment paper.

2. In a medium bowl, combine the egg whites, salt, and cream of tartar. Beat with an electric mixer for several minutes until frothy. While still mixing, gradually add the sugar in a slow stream. Continue until the sugar has completely dissolved and the mixture forms stiff peaks. Divide into several batches, then quickly beat in any flavors or coloring. Transfer the meringue to piping bags, then pipe onto the prepared baking sheets using a variety of decorative tips.

3. Bake until the meringues are dry to the touch, about 45 minutes. Let cool completely in the oven with the door cracked open, at least 20 additional minutes. Store in an airtight container until ready to use; they will keep for several days.

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Trixian Bubble Candy

Source: *Star Trek Online* video game
Culture: Trixian

Difficulty: 2/4 pips
Preparation: 5 minutes
Cooking: 15 minutes
Makes: about a dozen garnishes

Trixian bubble sugar is unique in the galaxy for its fizzy texture and appearance when added to liquid. These bubble sugar garnishes, while not terribly flavorful, more than make up for that in appearance. Their unique design captures in edible form the impermanence of the bubbles as the mixture cooks and hardens, creating a striking and colorful decoration or finishing touch for any number of desserts.

INGREDIENTS

½ cup glucose syrup
Liquid food coloring of choice
Flavoring of choice, such as orange, vanilla, peppermint, cinnamon, etc.

1. Preheat the oven to 350°F. Line a baking sheet with a silicone baking mat or parchment paper.

2. Depending on the desired size of the finished garnishes, place 1- to 2-teaspoon dollops of the glucose syrup on the baking sheet, leaving several inches between them to allow for spreading. (If necessary, line a second baking sheet to make room for all the syrup.) Add a dot or two of coloring and flavoring to each dollop.

3. Transfer to the oven and bake until the confections have stopped bubbling, 12 to 15 minutes.

4. Let cool completely on the pan, 5 to 10 minutes, before moving.

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Rhombolian Butter

Source: *Deep Space Nine*
Culture: Orion

Difficulty: 2/4 pips
Preparation: 10 minutes
Cooking: 10 minutes
Makes: about 1 cup
Pairs well with: fresh bread, seafoods, mixed vegetables, steamed artichokes

Rhombolian butter is native to Orion, where it is celebrated for its rich flavor and alleged aphrodisiac properties, especially when served over the Rhombolian snails after which it is named. It has become popular throughout the Federation as a condiment on a variety of dishes, most famously jumbo Vulcan mollusks, which are reputed to be at their very best when drowned in this butter. The flavor is rich and creamy, with several savory layers that vie for prominence.

INGREDIENTS

8 tablespoons (1 stick) unsalted butter
½ shallot, diced
1 to 2 cloves garlic, minced, to taste
1 tablespoon all-purpose flour
¼ cup clam juice or chicken broth
¼ cup white wine
¼ cup milk
Pinch of white pepper
Splash of lemon juice
Smoked paprika, for garnish

1. In a small saucepan, melt 1 tablespoon of the butter over medium heat. Add the shallot and garlic and cook until soft and fragrant, several minutes. Stir in the flour and cook for 1 minute longer, then gradually add the clam juice, wine, and milk and

cook until the mixture has somewhat thickened. Add the remaining butter 1 tablespoon at a time, allowing each portion to melt first. Season with the white pepper and lemon juice.

2. Transfer the mixture to a glass measuring cup or deep bowl. Puree with an immersion blender until completely smooth, then transfer to a clean dish. The butter will keep refrigerated and covered for about 1 week.

3. For individual platings, allow the butter mixture to cool to room temperature, then pipe onto small dishes with a decorative tip to create separate butter pats. Dust with smoked paprika.

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Delvan Fluff Pastry

Source: *Deep Space Nine*
Culture: Federation

Difficulty: 3/4 pips
Preparation: 30 minutes
Rising: 1 hour
Makes: One double batch (enough dough for two separate recipes)
Pairs well with: A baked square of the pastry can be placed atop a bowl of soup or stew.
Used in: Uttaberry Cruffins, Riskian Cheese Pastry, Spatchcocked Tribble

Although this recipe is just for the basic pastry dough, the term "Delvan Fluff Pastry" also refers to a dessert made with the pastry and filled with a type of flavored custard. The rich dough bakes into flaky, buttery layers and is equally good with sweet and savory dishes. There is some debate as to the origin of the pastry's name, but it appears to have first been coined at an interstellar geophysical conference sometime in the 2270s, at which the keynote speaker was Delvan Mitchell, known for his groundbreaking theory of stratification with regard to exogeology.

INGREDIENTS

2 ½ sticks (10 ounces) unsalted butter, frozen
3 ½ cups all-purpose flour, plus more for dusting
1 large egg
¾ cup warm milk
¼ cup sugar
2 teaspoons instant (fast acting) yeast
½ teaspoon ground nutmeg or allspice

1. Grate the frozen butter using the grating disk of a food processor (a hand grater can also be used, but will be much more labor-intensive). Scoop out about ½ cup of the grated butter and

set aside. Toss the remaining grated butter with 2 tablespoons of the flour and return it to the freezer.

2. In a medium bowl, combine the egg, milk, sugar, yeast, and spice, stirring until the sugar and yeast have both completely dissolved. Stir in the reserved ½ cup butter. Gradually work in the remaining flour until the dough is firm and no longer sticky.

3. Turn the dough out onto a lightly floured surface and knead for several minutes until it is soft and pliable and bounces back when poked. Place the dough in a lightly greased bowl, cover with plastic wrap, and let rise until doubled in size, about 1 hour.

4. Once the dough is ready, roll it out on a lightly floured surface to a rectangle shape roughly 10 × 18 inches. Set the rectangle with a long side facing you. Remove the grated butter from the freezer and spread one-quarter of it over the middle third of the dough. Fold one of the short sides of dough up over the butter and scatter another one-quarter of the butter over the fold just made. Finally, fold the last third of the dough in over the butter and pinch all the edges closed to hold the butter in. Rotate the dough a quarter-turn and roll out again to about the same 10 × 18-inch rectangle. Repeat the process with the remaining butter, folding the dough again into thirds. Rotate the dough a quarter-turn and roll out again to the same rectangle. Fold into thirds a final time.

5. At this point, the dough is ready to be used right away or can be wrapped and chilled for up to 2 days. It can also be frozen for up to 2 months (allow to fully thaw before using).

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SIDES, STARTERS, AND SNACKS

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Porakan Cloud Eggs

Source: *Voyager*
Culture: Federation

Difficulty: 3/4 pips
Preparation: 5 minutes
Cooking: 12 minutes
Makes: 2 servings
Pairs well with: toast strips, roasted tomato, fresh fruit
Diplomatic plating: Serve on a bed of microgreens, drizzled with colorful oil.

Porakan eggs have a unique quality that makes them lighter and fluffier than average Earth chicken eggs, perhaps due to the atmospheric conditions of Porakas IV, the planet from which they were first collected. Because this world is located in the Delta Quadrant, sufficient studies have not been conducted, but suffice to say, they make for a scrumptious and unusual breakfast. Since true Porakan eggs themselves are impossible to come by, this recipe replicates their unique properties.

With gooey, just-set double yolks nestled into feathery beds of beaten whites and strong cheese, these large individual servings look more substantial than they are. With almost light-as-air consistency in the whites, and a creamy double yolk in the center, this unique plate may well soon be on the menu in restaurants across the Alpha Quadrant.

INGREDIENTS

Oil or softened unsalted butter for greasing
4 large eggs
Pinch of salt
1 tablespoon finely grated parmesan cheese
Kavarian Olive Oil, for drizzling
Pinch of paprika or red pepper flakes, for dusting

1. Preheat the oven to 350°F. Line a baking sheet with parchment paper. Lightly grease the parchment paper with oil or butter.

2. Grease two small bowls with oil or butter to prevent the yolks from sticking. Have a large bowl ready. One at a time, crack an egg over the large bowl and let the whites fall in. As you work, put 2 yolks in each of the small greased bowls.

3. Add the salt to the egg whites and beat with an electric mixer until they form stiff peaks, 2 to 3 minutes. Stir in the parmesan, then spoon the egg-white mixture onto the prepared baking sheet in two mounds no more than 1 inch high. Using a spoon, make a divot in the middle of each mound where the yolks will be placed. Transfer the baking sheet to the oven and bake until the whites are firm, puffy, and just starting to lightly brown, about 5 minutes.

4. Remove the baking sheet from the oven and gently tip the yolks into the two divots. Return the eggs to the oven and bake until the yolks appear set but still a little runny, another 5 to 6 minutes.

5. To serve, carefully move the eggs to serving plates. Drizzle a small amount of Kavarian olive oil around the yolks, sprinkle with paprika or pepper flakes, and serve immediately.

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Seltin Pâté

Source: *Voyager*
Culture: Federation

Difficulty: 1/4 pips
Preparation: 5 minutes
Cooking: 30 minutes
Makes: about 4 generous servings
Pairs well with: cheese boards, crisp crackers
Diplomatic plating: If making for a large group, consider doubling or tripling the recipe, depending on the number of guests. A sprig of fresh parsley and an additional drizzle of truffle oil also elevates the dish.

Originally made from the uncommon Seltin wood fungus, this Delta Quadrant recipe has become an easy favorite across much of Federation space. This can perhaps be attributed to the widespread prevalence and diversity of fungi (many of them edible) across countless systems and planets.

With its creamy texture and deep woodsy flavor, this pâté is sure to please many a discerning palate. A blend of mushrooms can be used to create a different or deeper flavor profile, and a pinch of spicy pepper can also add a bit of zip. A little drizzle of Kavarian olive oil over the top adds a dramatic, delicious, and colorful flair.

INGREDIENTS

10 ounces mixed mushrooms, cleaned and sliced
4 cloves garlic, peeled and left whole
3 tablespoons olive oil
3 tablespoons cream cheese
1 tablespoon packed fresh parsley
2 teaspoons fresh lemon juice
Salt and freshly ground black pepper
Kavarian Olive Oil, for drizzling
Crackers, for serving

1. Position a rack about 5 inches under the broiler and preheat the broiler. Line a sheet pan with parchment paper.

2. In a large bowl, toss the mushrooms, garlic, and olive oil to coat. Transfer to the sheet pan and broil until soft and fragrant, about 15 minutes.

3. Pluck out a few of the prettier mushroom slices to use as a garnish, then transfer the remaining mushrooms and the garlic to a blender (or a bowl, using an immersion blender) and add the cream cheese, parsley, lemon juice, and salt and pepper to taste and puree until very smooth.

4. Transfer to a small serving dish, arrange the decorative mushrooms on top, and drizzle with some Kavarian olive oil for a splash of color. Serve with crackers.

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Mashed Andorian Tuber Root

Source: *Deep Space Nine*
Culture: Andorian

Difficulty: 2/4 pips
Preparation: 10 minutes
Cooking: 25 minutes
Makes: 4 to 6 servings
Pairs well with: roasted meats and vegetables
Diplomatic plating: For an even smoother consistency, press the vegetables through a ricer or sieve to ensure there are absolutely no lumps. Top with minced chives or consider adding a drizzle of Kavarian Olive Oil.

The Andorian tuber root is perhaps one of the more underestimated vegetables in the Alpha Quadrant. Humble in its appearance, with pale brown skin and a fleshy white interior, the starchy and versatile tuber root has a slightly sweet flavor that comes to the forefront when cooked, and is often served roasted or mashed, and even sometimes included in salad.

This version is something of an Earth-Andor fusion, with the tuber root's natural flavors enhanced by the addition of cheese. The resulting gooey mixture is decadent to eat, yet simple to prepare, making it an ideal accompaniment to any number of main courses.

INGREDIENTS

3 medium Yukon Gold potatoes, peeled and roughly chopped
1 large parsnip, peeled and roughly chopped
2 to 3 garlic cloves, peeled
Salt
4 tablespoons unsalted butter, cubed
1 cup heavy cream
1 ½ cups grated mozzarella cheese
1 ½ cups grated cheddar cheese

Freshly ground black pepper

1. In a medium pot, combine the potatoes, parsnip, and garlic. Add water to cover by at least 1 inch. Add 1 tablespoon salt and set over high heat. Bring to a boil and cook until the potatoes can be easily skewered with a fork, 15 to 20 minutes.

2. Drain off the water and return the pot to low heat. Add the butter and heavy cream and puree with an immersion blender until smooth. Add half of the cheeses, stirring until melted, then add the remaining cheese. Continue to stir vigorously for several minutes until the entire mixture has become stretchy and soft. Season to taste with salt and pepper and serve immediately.

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Leola Rice Pilaf

Source: *Voyager*
Culture: Talaxian

Difficulty: 2/4 pips
Preparation: 5 minutes
Cooking: 15 to 20 minutes
Makes: 4 servings
Pairs well with: roasted meats or other main courses
Diplomatic plating: Instead of mixing the fruit pips into the rice mixture, press the rice into a small bowl or mold. Upend this onto the serving plate, and top with the green onions and fruit.

The versatile leola root, introduced from the Delta Quadrant, is a flavorful addition to many desserts and even drinks, but not many savory dishes. This is an oversight, as the wonderful ingredient elevates nearly any meal. Packed with nutritious vitamins and minerals, the root has a flavor that takes some getting used to, but the effort is well worth it.

In this recipe, the leola root gives the rice pilaf a pleasant aroma. The taste of sharp spice is balanced by the addition of fruit pips, which also provide a striking appearance that is beautiful alongside almost any main course. The delicate blend of flavors varies from bite to bite, making for a wonderfully dynamic and delicious side dish.

INGREDIENTS

2 tablespoons unsalted butter
1 large carrot, peeled and grated
1 ½ tablespoons grated fresh ginger
¼ cup orzo pasta
1 yellow onion, finely diced
1 cup long-grain white rice
Pinch of ground turmeric
1 ½ to 2 cups chicken broth

⅓ cup dried cranberries or fresh pomegranate seeds (optional)
Diced green onions, for garnish

1. In a medium saucepan, melt the butter over medium heat. Add the carrot, ginger, orzo, and yellow onion and cook for a few minutes while stirring until the ginger is fragrant and the orzo is beginning to brown. Stir in the rice, turmeric, and chicken broth. If using dried cranberries, add them now. Bring to a simmer, then reduce the heat to low and cook until the rice is fully done and the liquid has been absorbed, 15 to 20 minutes.

2. Toss the rice mixture with the green onions (and the pomegranate seeds, if using) and serve immediately.

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Fettran Risotto

Source: *Voyager*
Culture: Risan

Difficulty: 2/4 pips
Preparation: 5 minutes
Cooking: 35 minutes
Makes: 4 small or 2 large servings
Pairs well with: Lingta Roast or other roasted meats
Diplomatic plating: Place in a serving bowl, drizzle with some extra Fettran sauce, and garnish with fresh sage or other herbs.

From the innovation of a few chefs on Risa have sprung numerous mouthwatering dishes that feature their famous Fettran sauce. A personal favorite is this risotto with diced squash, which is slow-cooked until creamy, then topped with the tangy sauce. It's often a staple of the all-you-can-eat buffets on Risa, which might be a clever ploy on the part of management, since it's both delicious and quite filling.

This delightful side dish is sweetened by the Fettran sauce, stopping just shy of being a dessert, although I've heard that some enjoy it as part of an unusual breakfast. The sweetness means it also pairs especially well with white meats. The rice retains a bit of chew, while the squash softens and even blends slightly with the sauce.

INGREDIENTS

1 tablespoon unsalted butter
¾ cup Arborio rice
Pinch of salt
3 cups milk
1 teaspoon dried sage
1 cup diced butternut squash
½ batch savory Fettran Sauce

In a medium saucepan, melt the butter over medium-low heat. Add the rice and stir for several minutes, until it has absorbed most of the butter. Add the salt, 2 cups of the milk, the sage, and butternut squash. Cook until most of the milk has been absorbed. Gradually add as much of the remaining milk as can be soaked up, then remove from the heat. Stir in the Fettran sauce and serve warm.

Note: The addition of ½ cup of diced ham can also transform this from a side dish to a maIn course for two.

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Riskian Cheese Pastry

Source: *The Next Generation*
Culture: Arkarian

Difficulty: 2/4 pips
Preparation: 30 minutes
Baking: 12 minutes
Makes: several dozen pastry straws
Pairs well with: other appetizers, such as Tellarite Veggie Dip
Diplomatic plating: Their swirled appearance can best be showcased in an upright container, either as a slightly decadent addition to breakfast or as part of an appetizer spread.

These pastries are a light, savory appetizer that originated on the Federation planet Arkaria, once home to a subculture of nomadic herding people whose diet consisted primarily of milk and grain-based carbohydrates. Although traditional Riskian pastries were dense and flat from long days stored beneath the saddle of a riding animal, the twenty-fourth-century incarnation is delicate and airy, a poetic tribute to the planet's bucolic past rather than an authentic re-creation of frontier cuisine.

The straws are made from layers of buttery Delvan fluff pastry, which means that every bite is satisfyingly crisp and filled with toasted cheese flavor. They are an ideal addition to any array of appetizers, or even for a luxurious breakfast. Their enticing appearance and savory nature mean they are often served to visiting dignitaries and are now a popular buffet item on several Federation worlds.

INGREDIENTS

½ batch Delvan Fluff Pastry
2 eggs, beaten with a splash of water
1 to 2 teaspoons smoked paprika, to taste
½ cup finely grated sharp cheddar or Gruyère cheese

½ cup freshly grated parmesan cheese

1. Preheat the oven to 375°F. Line two baking sheets with parchment paper for making in batches.

2. Roll out the dough on a lightly floured surface to a rectangle roughly 10 × 15 inches (or to two rectangles half that size, if pressed for space). Brush the dough with the beaten eggs, then sprinkle evenly with the paprika and both cheeses. Dab on any remaining egg. With a long side of the rectangle facing you, use a sharp knife to cut the dough vertically into strips ¾ inch wide. Cut each of these strips in half so the pieces are about 5 inches long. Twist each strip of dough and place them on the prepared baking sheets.

3. Bake until the straws are golden brown and the cheese has melted, about 12 minutes. Transfer to a wire rack to cool and serve the same day.

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Argelian Coleslaw

Source: *Enterprise*
Culture: Argelian

Difficulty: 1/4 pips
Preparation: 10 minutes
Marinating: 2 hours or more
Makes: 6 servings
Pairs well with: grilled meat
Diplomatic plating: If setting out as part of a buffet, be sure to use an attractive serving dish, and sprinkle some extra seeds on top.

Known predominantly for their peace-loving and somewhat hedonistic nature, the Argelians have also contributed a number of interesting foods and beverages to the Alpha and Beta quadrants, including an intricately layered cocktail, a caffeinated sorbet, and this vibrant dish.

Although the term "coleslaw" originally comes from the Earth language Dutch, it simply means a salad made from cabbage. Thus defined, there are several interesting versions of this side dish that hail from distant worlds. This particular recipe is as arresting to the taste buds as it is to the eye. With a citrus kick, light spice flavor, and crunch of seeds, it pairs magnificently with an array of main courses, but especially anything off the grill.

INGREDIENTS

2 cups thinly sliced red cabbage
2 cups shredded carrots
½ cup pumpkin seeds
¼ cup olive oil
2 tablespoons honey
2 tablespoons fresh lemon juice
1 tablespoon apple cider vinegar
2 to 3 teaspoons stone-ground mustard, to taste
Grated zest of ½ orange or ½ lemon
½ teaspoon ground cumin

Pinch of salt

1. In a medium bowl, toss together the cabbage, carrots, and pumpkin seeds. Set aside.

2. In a separate bowl, mix together the oil, honey, lemon juice, vinegar, mustard, orange zest, cumin, and salt.

3. Pour the dressing over the vegetables and toss until everything is evenly coated. Cover and let sit in a cool place for a couple of hours or until ready to serve.

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Bularian Canapés

Source: *The Next Generation*
Culture: Risan

Difficulty: 2/4 pips
Preparation: 25 minutes
Makes: about 18 bites
Pairs well with: other appetizers, such as Riskian Cheese Pastry and Tube Grub Skewers
Diplomatic plating: Arrange the canapés on a decorative platter and surround with extra sprigs of fresh dill. To raise them to the next level, consider adding a small dollop of caviar to the top of each.

The Bularian Water Gardens on Risa are known for a specially cultivated lily with pink blooms and a rich scent. Bularian canapés are a local delicacy supposedly evocative of these flowers and often served alongside bubbly white wines. Like many Risan dishes, they are regarded by those who have visited the pleasure planet as an elegant indulgence best reserved for special occasions. Although it's widely agreed that Bularian canapés don't taste quite the same without the proximity of the lush pools and fragrant blossoms of the freshwater gardens, they are nevertheless an exquisite appetizer for nearly any meal.

Each canapé takes about two bites to finish, which means each morsel contains the full range of flavors and textures. From the crunch of the cucumber and cracker base to the smooth creamy filling, they are as much a textural experience as a flavorful one—a veritable treat for the senses, which is probably what makes them, and so much else on Risa, so well-known.

INGREDIENTS

1 English cucumber, peeled
4 ounces cream cheese, at room temperature

2 tablespoons unsalted butter, at room temperature
2 teaspoons stone-ground mustard
2 teaspoons beet juice
1 tablespoon fresh dill, minced, plus small sprigs for garnish
Pinch of salt
About 18 crackers

1. Cut the cucumber into slices a little more than ¼ inch thick. Using a small round cutter or a pastry tip, remove the middle of each cucumber slice and discard, leaving a ring about ¼ inch wide. For a more polished look, use a round cutter to achieve a perfect circle on the outside of the slices as well.

2. In a small bowl, blend together the cream cheese, butter, mustard, and beet juice until completely smooth. Mix in the dill and the salt and set aside.

3. Spread a thin layer of the mixture over one side of each cracker. Place a cucumber ring on top of each prepared cracker, repeating until all the cucumbers and crackers have been combined. Transfer the rest of the cream cheese mixture to a piping bag fitted with a large tip and place a dollop into the middle of each cucumber ring. Garnish the tops with a little sprig of fresh dill.

4. This dish can be fully assembled an hour or two ahead and refrigerated until serving time.

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Gramilian Sand Peas

Source: *Deep Space Nine*
Culture: Unknown

Difficulty: 2/4 pips
Preparation: 5 minutes
Cooking: 30 minutes
Makes: 4 to 6 servings
Pairs well with: Lingta Roast or other roast meats
Diplomatic plating: If serving as a side, consider placing in a nice large bowl that complements the rest of the table service.

Gramilian sand peas are nutritious, easy to grow, and useful in a wide variety of recipes. Although their origin is unknown, they have been used since ancient times to produce simple stews and nutrient pastes suitable for desert travel across many worlds. Now they are common throughout Federation space, as they're hardy enough to thrive even on worlds inhospitable to most crops. Many species that incorporate Gramilian sand peas into their cuisine often serve them in spicy sauces or as a well-seasoned crunchy snack.

Here these desert morsels are cooked through until soft, but still hold their shape. The resulting dish brims with flavor, the little legumes popping with each bite while the tiny carrots add a splash of color. When further roasted, they become a salty snack ideally suited to accompany a wide range of bar offerings.

INGREDIENTS

3 tablespoons olive oil
1 onion, diced
1 carrot, peeled and diced
2 cloves garlic, minced
2 cups green lentils
3 bay leaves
1 teaspoon dried or fresh thyme

1 tablespoon kosher salt

1. Drizzle the olive oil into a large saucepan over medium heat. Add the onion, carrot, and garlic and stir until the vegetables have begun to soften, 5 to 10 minutes. Add 6 cups water, the lentils, bay leaves, thyme, and the salt. Bring to a boil, then reduce the heat to medium-low and simmer until most of the water has been absorbed and the lentils are soft, about 20 minutes.

2. If necessary, drain off any excess liquid. Discard the bay leaves and serve hot.

3. To make a version that is more suitable as a somewhat crunchy bar snack, spread the cooked lentils out in a thin layer on a baking sheet (or two) and bake in a 400°F oven for about 30 minutes.

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Tube Grub Skewers

Source: *Deep Space Nine*
Culture: Ferengi

Difficulty: 2/4 pips
Preparation: 10 minutes
Cooking: 20 minutes
Makes: about 20 skewers
Pairs well with: other appetizers, white wine
Diplomatic plating: Serve these skewers as part of a buffet spread, nicely plated among other appetizers, with the dipping sauce nearby so guests may sauce their own skewers to taste.

So important is the tube grub business on Ferenginar that there are entire career paths devoted just to growing, harvesting, and exporting these delectable insects. Considered a sound investment in no small part because of their low cost and high nutrition, tube grubs are a staple of Ferengi cuisine, but are only just beginning to gain popularity off-world.

Although generally stored and served cold, tube grubs are more palatable to a wider variety of species when they are pan-fried and served warm. Millipede sauce is a common pairing for tube grubs, but their rich flavor and chewy texture make them a versatile base for any number of other sauces from different cultures.

SKEWERS

2 tablespoons olive oil
1 tablespoon unsalted butter
½ pound gnocchi
1 (14-ounce) can marinated artichoke hearts, drained and quartered
6 ounces mozzarella, cubed
Bunch of fresh dill, for garnish

1. Prepare the skewers: In a medium saucepan, melt together the olive oil and butter over medium heat. Add the gnocchi and cook for 5 to 10 minutes until a light golden brown. Flip the pasta over and continue cooking until both sides are a toasted golden brown.

2. To assemble the skewers, alternate gnocchi, artichoke hearts, and mozzarella with small pieces of dill until the entire skewer is full. Hold at room temperature while you make the sauce.

MILLIPEDE SAUCE

1 tablespoon unsalted butter
2 ½ tablespoons sesame seeds
½ cup heavy cream
½ cup crumbled blue or goat cheese
1 teaspoon Worcestershire sauce

1. Make the millipede sauce: In a saucepan, melt the butter over medium heat, then continue to cook for a few minutes, stirring occasionally, until golden brown and fragrant. Stir in the sesame seeds, followed by the heavy cream. When the cream is warm, add the cheese and stir until the mixture is smooth. Remove from the heat and stir in the Worcestershire sauce.

2. Serve the sauce warm either drizzled over the skewers or on the side as a dipping sauce.

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Deviled Regova Eggs

Source: *Deep Space Nine*
Culture: Cardassian

Difficulty: 3/4 pips
Preparation: 30 minutes
Cooking: 15 minutes
Color Soaking: 4 to 6 hours
Makes: 1 dozen eggs
Pairs well with: buffet foods, such as cheeses, sliced meats, and other appetizers
Diplomatic plating: Garnish with microgreens and a pinch of red pepper flakes.

While few to no large fauna remain on Cardassia Prime due to catastrophic climate change and mismanagement of the planet's resources over the centuries, the avian *regova* is one animal that has managed to thrive despite harsh conditions. While many are familiar with their delicious eggs, few know of the beautiful and complex songs sung by these birds.

***Regova* eggs are favored by more than just Cardassians for their colorful appearance and richly flavored yolks. To showcase both, they are generally served in what would be called the "deviled" fashion on Earth, with the yolks removed and blended with a variety of spices before being piped back into the boiled egg-white base. The inside creaminess stands in contrast to the firmer exterior, while the two colors make for a striking appetizer.**

INGREDIENTS

12 large eggs
Green and yellow food coloring
3 tablespoons yogurt
½ cup roasted red peppers

1 clove garlic, minced
1 teaspoon fresh lemon juice
Salt and freshly ground black pepper
Optional toppings: microgreens, red pepper flakes

1. Fill a large bowl with ice and water and set near the stove. Select a pot large enough to fit all the eggs, and fill it halfway with water, then bring to a boil. Gently lower the eggs into the pot and cover. Cook for 14 minutes, then transfer the eggs to the ice bath to cool for 15 minutes.

2. Once cool, gently crack each egg on a hard surface several times, leaving a series of spiderweb cracks all over the shells. Place the cracked eggs in a large bowl, cover with water, and add food coloring until the water is dark. Let the eggs sit in the food coloring bath for at least 4 to 6 hours.

3. Carefully peel the shells from the eggs to reveal a colorful pattern on the whites. Trim off the top quarter of the eggs and scoop out the yolks. If necessary, trim a little white from the bottoms so the eggs will stand upright. Return the egg whites to the food coloring bath for another hour or so while the filling is made.

4. In a food processor, combine the yolks, yogurt, roasted peppers, garlic, lemon juice, and salt and pepper to taste and blend until smooth. Transfer the mixture to a piping bag fitted with a large decorative tip and pipe the filling back into the egg whites. If desired, garnish with greens and sprinkle with pepper flakes to finish.

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Tellarite Veggie Dip

Source: *Enterprise*
Culture: Tellarite

Difficulty: 1/4 pips
Preparation: 10 minutes
Makes: 1 small party serving
Pairs well with: fresh vegetable sticks, crackers, mini toasts
Diplomatic plating: Serve surrounded by a variety of vegetables and crackers that can be used for dipping. Edible flowers as a garnish are also a lovely addition, as is a drizzle of Kavarian Olive Oil around the edge of the dip.

Although they are one of the founding members of the United Federation of Planets, the Tellarites remain a private people, and surprisingly little is known about their food culture. Apart from a few culinary preferences that are not especially compatible with Earth morals (keep your canine companions on a short leash), they prefer as wide a variety of raw fruits and vegetables as possible.

This dip, while nothing especially fancy on its own, is delicious when scooped up with just about any vegetable native to the Alpha Quadrant or beyond. The shredded vegetables in the dip itself provide not only bursts of color, but also powerful hits of flavor in each bite. Creamy, rich, and smooth, it could tempt even the most vegetable-averse person into sampling a bite or two.

INGREDIENTS

1 stalk celery, chopped
½ orange bell pepper, chopped
2 green onions, chopped
2 to 3 cloves garlic, minced, to taste
8 ounces cream cheese, at room temperature
¼ cup sour cream
Pinch of salt

¼ teaspoon ground white pepper

In a food processor, combine the celery, bell pepper, green onions, and garlic and pulse until no large pieces remain. Add the cream cheese, sour cream, salt, and white pepper and blend until smooth and completely mixed.

Note: For a richer flavor, roughly ¼ cup of cheeses such as feta, grated cheddar, etc., can be added to taste.

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Starfleet Food Rations (SFRs)

Source: The Original Series
Culture: Federation

Difficulty: 3/4 pips
Preparation: 5 minutes
Cooking: 10 minutes
Shaping: 20 to 30 minutes
Makes: about 2 dozen cubes of a single color
Pairs well with: hot tea
Diplomatic plating: Make an assortment of colors and flavors and plate on beautiful platters.

These colorful energy cubes were popular on Federation starships of the mid-twenty-third century. Inspired by the Andorian delicacy *gristhera*, Starfleet food rations are a simple dish of Earthly origins developed as an on-the-go meal, easy to enjoy at any time of day. However, their resemblance in form and function to *gristhera* meant that they were occasionally served at diplomatic functions in the early days of interstellar exploration, albeit generally flavored with Earth ingredients, rather than Andorian. Although perhaps a somewhat outdated recipe, they are nonetheless an important part of Federation history.

The ration cubes themselves are dense and chewy, with a sweetness that is strong but not overpowering. The texture is unusual at first, but is also oddly satisfying. The possibilities for flavor combinations are limited only by the imagination, although some of the more popular Earth varieties included strawberry-banana, cinnamon-orange, mixed berry, and melon.

INGREDIENTS

¾ cup milk
2 tablespoons unsalted butter, melted

½ cup sugar
1 cup mochiko (glutinous rice flour)
Assorted food colorings
Assorted flavor extracts, such as orange, banana, vanilla, cinnamon, etc.
3 tablespoons cornstarch, for dusting, as needed

1. In a medium saucepan, combine the milk, butter, and sugar and stir over medium-low heat until the sugar has dissolved, about a minute. Add the mochiko, food coloring, and any flavorings. Continue stirring, keeping the mixture moving so it doesn't burn on the bottom. After 5 to 10 minutes, the mix should no longer be sticky and will have firmed up considerably. Remove from the heat and spread the dough out on a silicone baking mat. Let cool until it is no longer too hot to handle, 10 to 15 minutes.

2. Working quickly, cut off a small piece and roll into a ball, then press it against the silicone surface to create a flat side. Turn the ball, continuing to press against the surface until you have a rough cube shape. Repeat with the entire mixture, tossing each cube with cornstarch if needed to keep it from becoming too sticky.

3. SFRs are best enjoyed the same day, but can be kept refrigerated for a few days in an airtight container, or even frozen for an extended period.

Note: The cubes should dry somewhat as they cool, so if they are still very sticky, the next time you make them, try cooking a little longer.

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Quadrotriticale Salad

Source: The Original Series, *Discovery*
Culture: Federation

Difficulty: 4/4 pips
Prep: 10 minutes
Cooking: 25 minutes
Makes: 2 large or 4 smaller servings
Pairs well with: Lingta Roast, Green Drink
Diplomatic plating: Consider topping with a delicate Coral Tuile Garnish prior to serving.

Although quadrotriticale was originally intended as a predominantly staple crop on far-flung settlements due to its hardiness and high-yield harvests, it has in recent decades enjoyed growing popularity among the more discerning chefs in the Federation. They enjoy the distinctive blue grain for its versatility, as it can be used in pastas, baked goods, soups, and even distilled into whiskey.

This salad, apart from its striking appearance, is also healthy and flavorful. Its various components can all be prepared ahead, making it an ideal starter for diplomatic and other important occasions. The softer tendrils and grain provide a counterpoint to the crunch of greens and the pop of fruit pips, all of which are graced with a creamy dressing. It is worth noting that the grain's newer counterpart, quintotriticale, has been selected for a wider variety of colors than just the blue, so if you happen to have that handy, feel free to add the grain of whatever hue you choose to this recipe.

QUADROTRITICALE TOPPING

⅓ cup water
1 teaspoon unsalted butter or olive oil
Pinch of salt
1 butterfly pea flower tea bag (or blue food coloring)

¼ cup pearl couscous
½ teaspoon fresh lemon juice

CARROT TENDRILS

2 medium carrots, peeled
Pinch of salt
1 tablespoon salted butter
1 tablespoon honey
Splash of fresh lemon juice
1 tablespoon beet juice

DRESSING

¼ cup Greek yogurt
1 tablespoon honey
1 tablespoon apple cider vinegar
1 tablespoon olive oil
1 teaspoon poppy seeds
Pinch of salt

FOR SERVING

10 ounces kale, baby spinach, or your preferred greens
¼ cup pomegranate seeds

1. Make the quadrotriticale topping: In a small saucepan, combine ⅓ cup water, the butter, salt, and butterfly pea flower tea bag. Bring to a boil over medium heat. Remove the tea bag after a minute, when the water should be a rich dark blue color. Add the couscous and reduce the heat to low, and cook until the liquid is all absorbed and the couscous is soft, another 5 to 10 minutes. Scoop about one-third of the couscous into a small bowl and toss with the lemon juice, which will give it a purple tint, then return the separated couscous to the saucepan and set aside to cool.

2. Make the carrot tendrils: Cut the carrots into long, thin wedges to make them tentacle-shaped. Bring a small pot of water to a boil and add the salt. Add the carrots to the boiling water and cook for about 5 minutes. Drain.

3. In a separate saucepan, melt the butter and honey together over medium heat. Add the boiled carrots to the butter/honey mixture, stir to coat, and cook for another 5 minutes until the

liquid has been mostly absorbed. Add the lemon and beet juices and cook until the glaze is thick and sticky, about another minute. Remove from the heat and allow to cool.

4. Make the dressing: In a small screw-top jar or other lidded container, combine the yogurt, honey, vinegar, oil, poppy seeds, and salt and shake vigorously for several seconds to combine. Store in the refrigerator until ready to use.

5. To serve: When you're ready to serve, pile the greens in the middle of serving plates and arrange the carrots among them. Top with the quadrotriticale and pomegranate seeds, then drizzle a little of the dressing over everything.

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SOUPS AND STEWS

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Plomeek Soup

Source: The Original Series, *Deep Space Nine, Voyager, Enterprise*
Culture: Vulcan

Difficulty: 1/4 pips
Preparation: 10 minutes
Cooking: 15 minutes
Makes: 2 large servings
Pairs well with: a creamy cheese, a salad of mixed greens
Diplomatic plating: Garnish with a drizzle of balsamic vinegar, cubed tomato, apple, strawberry, and microgreens.

Native to Vulcan, the plomeek plant is one of the most common on the planet, valued not only for its beautiful flowers but also its ripe fruit. Where the plant is simply decorative, the spent flowers are plucked before they can bear fruit, which encourages additional flowers to bloom, resulting in a simple yet lovely garden arrangement. Many Vulcan homes also keep a separate garden patch for growing their own fresh fruit.

The plomeek fruit is often enjoyed as part of a native breakfast meal or incorporated into recipes such as this one. And yet, to call this dish a soup is perhaps something of a misnomer, as Vulcan cuisine includes a number of dishes that are simply liquid meals, a balanced and efficient way of consuming needed nutrition. This recipe can be enjoyed both hot or chilled and at any time of day. It has an acidic bite that is mellowed somewhat by the additional ingredients.

INGREDIENTS

1 (14.5-ounce) can diced tomatoes
2 cups strawberries, hulled and diced
½ apple, peeled and diced
1 teaspoon balsamic vinegar

¼ cup crème fraîche or Greek yogurt

1. In a medium saucepan, combine the tomatoes, strawberries, apple, vinegar, and ¼ cup water and cook over medium-low heat until the strawberries and apple have softened considerably, about 10 minutes. Stir in the crème fraîche and puree with an immersion blender until no large pieces remain. Serve hot, or let cool, refrigerate for at least 1 hour, and serve chilled.

2. For a more elegant presentation, strain the soup through a sieve to achieve a smoother consistency. If serving warm, return to the heat and cook for another few minutes until it reaches the desired temperature.

3. For species that enjoy a little extra zip of flavor, consider garnishing the soup with a drizzle of Thai sweet chili sauce.

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Bolian Tomato Soup

Source: *Voyager*
Culture: Bolian

Difficulty: 1/4 pips
Preparation: 5 minutes
Cooking: 10 to 15 minutes
Makes: 2 to 4 servings
Pairs well with: Norellian Twist Bread, sharp cheese, an antipasto spread
Diplomatic plating: Garnish with an extra swirl of coconut milk and fresh herbs.

Bolian tomatoes come in such a rainbow variety of hues that some of the best chefs on Bolarus IX have developed platings of this soup that are said to shift colors as one eats. The other notable feature of Bolian tomatoes is their extremely high acidity. This poses no problem for the Bolians, whose cartilaginous tongue coating protects them from food that would fell other species. It does, however, mean that Bolian tomatoes are rarely exported, as the acidity can on occasion eat through shipping containers.

In this version of Bolian tomato soup, Earth tomatoes are substituted, as they are more readily available (and safer to eat). This means the color remains a steady reddish orange, but with a more humane acidity level. In fact, the soup is quite creamy and rich, with light herb flavors.

INGREDIENTS

1 (14.5 ounce) can fire-roasted diced tomatoes
8 ounces roasted red peppers
1 (14-ounce) can full-fat coconut milk
3 cloves garlic, peeled and minced
1 tablespoon tomato paste
Salt and red pepper flakes

In a medium saucepan, combine the tomatoes, roasted red peppers, coconut milk, garlic, and tomato paste. Puree with an immersion blender until smooth, then cook over medium heat until thoroughly hot and the flavors have had a chance to meld, 10 to 15 minutes. Season to taste with salt and red pepper flakes and serve warm.

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Senarian Egg Broth

Source: *Deep Space Nine*
Culture: Trill

Difficulty: 2/4 pips
Preparation: 5 minutes
Cooking: 30 minutes
Makes: 4 servings
Pairs well with: crusty bread, sharp cheese
Diplomatic plating: As this is a somewhat humble-looking soup at face value, be sure to heap each bowl with extra noodles and peas.

On the planet Trill, Senarian egg broth is a common comfort food traditionally believed beneficial to those recovering from sickness or injury. Since joining the Federation, the Trill have popularized this savory soup on a variety of planets and starbases, although nowhere else does it enjoy quite the special status that it does on their homeworld.

The soup lives up to its broth-based namesake, with swirling clouds of cheese and greens throughout, and delicious noodles and beans hovering at the bottom of each bowl. Each bite is brimming with nutrition and flavor combined with interesting textures. The ease with which it can be prepared makes it a popular choice not only for those under the weather but also children, who seem to love the interestingly shaped noodles.

INGREDIENTS

5 cups chicken broth
1 to 2 cloves garlic, crushed through a press, to taste
1 bay leaf
½ cup fresh spinach leaves
2 large eggs
¼ cup finely grated parmesan cheese
½ cup fresh or frozen (thawed) peas or shelled edamame, plus more for garnish

½ cup cooked small noodles, such as star pasta
Salt and freshly ground black pepper
1 lemon, quartered

1. In a medium saucepan, combine the chicken broth, garlic, and bay leaf. Cook for about 20 minutes to let the flavors infuse, then discard the bay leaf.

2. Add the spinach leaves to the hot broth and stir for a minute until they are vibrant green and wilted. Puree with an immersion blender until completely smooth.

3. In a small bowl, beat together the eggs and parmesan. While still beating, pour a little of the broth mixture into the bowl to temper (warm) the eggs, then pour everything back into the saucepan. The broth mixture should turn cloudy and thicken as the eggs cook over the heat. Add the peas and cooked noodles and remove from the heat.

4. Season to taste with salt and pepper, then ladle into serving bowls. Squeeze a little lemon juice over the top and garnish with extra peas.

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Cream of Leola Soup

Source: *Voyager*
Culture: Talaxian

Difficulty: 2/4 pips
Preparation: 10 minutes
Cooking: 35 minutes
Makes: 4 servings
Pairs well with: Kimden Rolls, creamy cheeses
Diplomatic plating: Garnish with a quick drizzle of Kavarian Olive Oil and some small croutons.

While a simple broth made from leola is how the root is often used in the Delta Quadrant, and is arguably just as nutritious and simpler to make, there is no beating this recipe for flavor and comfort factor. The roots are boiled and pureed until completely smooth with a hearty stock that enhances their unique taste.

With a creamy texture and a warm spiciness that lingers on the palate, this soup is wonderful on an overcast day. Paired with a fluffy roll and some good cheese, the simplicity of the recipe shines through.

INGREDIENTS

1 tablespoon olive oil
1 tablespoon unsalted butter
1 yellow onion, diced
2 cloves garlic, minced
2 tablespoons light brown sugar
4 medium parsnips, peeled and roughly chopped
2 cups chicken broth
2- to 3-inch piece fresh ginger, peeled and grated
¼ teaspoon freshly grated nutmeg
½ cup heavy cream

1. In a medium saucepan, heat the olive oil and butter over medium heat. Add the onion and garlic and cook until fragrant

and beginning to brown, several minutes. Stir in the brown sugar and cook for another minute. Add the parsnips and chicken broth and simmer until the parsnips are quite soft, about 25 minutes.

2. Add the ginger, nutmeg, and cream. Puree with an immersion blender until completely smooth. Serve hot. As with most soups, the flavor increases if refrigerated overnight.

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Ratamba Stew

Source: *Deep Space Nine*
Culture: Bajoran

Difficulty: 2/4 pips
Preparation: 5 minutes
Cooking: 15 minutes
Makes: 2 servings as is, 4 as a topping over rice or pasta
Pairs well with: rice or pasta, Romulan Flatbread
Diplomatic plating: Consider plating atop a swirl of pasta and studding with fresh tomatoes.

Like many traditional Bajoran dishes, ratamba stew was once considered appropriate only for members of particular *D'jarra*, or social castes. This high-protein, plant-based dish was primarily prepared and consumed by the farming caste, whose humble means and physically demanding schedules were well served by its simple ingredients and high calorie count. Ratamba was also considered spiritually appropriate for artists of the *Ih'valla D'jarra*; it was said to keep their creative energies connected to the soil of their homeworld.

Since the suspension of the *D'jarra* system during the Cardassian occupation of Bajor, many of the social mores governing which foods are clean for which castes have been relaxed. Ratamba stew is now widely enjoyed by many Bajorans and their allies across the Alpha Quadrant. The thick green stew tastes heavily of spices, which blend nicely with the creamy cheese and pop of beans. Overall, it's an eminently healthy-tasting dish that is delicious on its own or served over starches, including a variety of rice and pasta.

INGREDIENTS

¼ cup olive oil
2 tablespoons coriander seeds
1 small onion, chopped

2 cloves garlic, minced
10 ounces baby spinach
1 teaspoon fresh lime juice
Salt
6 ounces feta cheese, cut into 1-inch pieces
½ cup cooked shelled edamame
Cooked rice or pasta, for serving (optional)
1 cup grape tomatoes, whole
¼ teaspoon red pepper flakes

1. In a large skillet, heat the oil over medium heat. Add the coriander seeds and cook for a few minutes until the seeds are sizzling and fragrant. Add the onion and garlic and cook for another few minutes until the mixture is soft and golden. Toss in the baby spinach and stir for about a minute until the greens are just wilted.

2. Transfer everything to a food processor and add the lime juice, salt to taste, half the feta, and half the edamame. Blend until no large pieces remain.

3. Transfer to a serving dish and stir in the remaining edamame and feta.

4. Serve as is for a smaller portion or serve over rice or pasta. Stud with the cherry tomatoes and sprinkle some pepper flakes on top.

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Andorian Cabbage Soup

Source: *Enterprise*
Culture: Andorian/Aenar

Difficulty: 1/4 pips
Preparation: 10 minutes
Cooking: 30 minutes
Makes: 4 large servings
Pairs well with: toasted bread, creamy cheeses, Riskian Cheese Pastry
Diplomatic plating: Drizzle a little extra oat milk over the top of the soup and garnish with fresh herbs and a dash of pepper before serving.

The frozen moon of Andor seems at first an inhospitable, if not impossible, place to live. But the Andorians compensate for the harshness of their world by living underground, where their quarters and growing compounds can be warmed with geothermal heat. With the aid of grow-lights, cold-hardy crops provide a variety of nourishment for the Andorian and Aenar people.

This cabbage soup is a fairly common offering in the subterranean shops, as it can be made quickly and in great quantity. The thick texture holds the heat of the cookpot, warming diners from the inside, while the simple flavors meld with one another for a thoroughly satisfying meal.

INGREDIENTS

2 tablespoons unsalted butter or vegetable oil
2 shallots, diced
1 small head red cabbage, thinly sliced
½ russet potato, peeled and diced
4 cups vegetable broth
1 cup oat milk
Pinch of baking soda
¼ teaspoon ground white pepper
Salt
Fresh herbs such as parsley or thyme, for garnish

1. In a large saucepan, melt the butter over medium heat. Add the shallots and cook until soft and fragrant, several minutes. Add the cabbage, potato, and vegetable broth. Cover and cook until the cabbage is soft, about 30 minutes.

2. Add the oat milk and puree the soup with an immersion blender. Add just enough baking soda to turn the soup from purple to blue. Season with the white pepper and salt to taste. Serve hot, garnished with fresh herbs.

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BREADS AND BAKED GOODS

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Lorvan Crackers

Source: *Deep Space Nine*
Culture: Federation

Difficulty: 1/4 pips
Preparation: 15 minutes
Baking: 12 to 15 minutes
Makes: several cups' worth
Pairs well with: cheeses, drinks at the bar, various soups
Diplomatic plating: Consider cutting the crackers into shapes that reflect something about your guests, such as the emblem on their flag. You can also serve the crackers with cheese or similar food from their native world; the cross-cultural gesture should be appreciated.

Originally created as a portable food staple for long voyages and military campaigns, crackers such as these were later popularized as a bar snack, where their savory flavors and slight saltiness promote a feeling of thirst, thus encouraging the need to order another drink. Its inclusion on the bar top is not entirely mercenary, however, as the crackers do also provide a little nourishment and substance to counterbalance a customer's beverage of choice.

Cracker-like foodstuffs exist across many cultures, making them an ideal inclusion in diplomatic buffets and less formal spreads. Their spiciness makes them an increasingly snackable recipe in their own right, while the crunchy texture renders them an ideal pairing for a variety of cheeses.

INGREDIENTS

2 cups all-purpose flour
2 teaspoons baking powder
Generous pinch of salt
¼ teaspoon freshly ground black pepper
8 tablespoons (1 stick) salted butter, cut into pieces
1 ½ cups shredded cheese, such as cheddar

5 tablespoons mixed seeds, such as sesame, poppy, flax, etc.
1 teaspoon caraway seeds
½ cup sour cream

1. Preheat the oven to 350°F. Set out a couple of large baking sheets.

2. In a large bowl, combine the flour, baking powder, salt, and pepper. Rub or cut in the butter until no large pieces remain, then add the cheese and seeds, tossing to make sure everything is evenly mixed. Stir in the sour cream, then ¼ cup water or just enough to bring the whole mixture together as a firm dough with no crumbly bits.

3. Divide the dough in half to make it easier to work with, then roll out as thin as possible—ideally no more than ⅛ inch thick—on a lightly floured surface. Cut the dough into desired shapes and transfer to the baking sheets, leaving just a little room in between the crackers.

4. Bake until the crackers are just starting to turn golden on the tops and edges and the bottoms are browned, 12 to 15 minutes. Remove from the oven and let cool, and then move to a serving container.

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Groatcakes

Source: *Deep Space Nine*
Culture: Bajoran

Difficulty: 2/4 pips
Preparation: 10 minutes
Baking: 18 minutes
Makes: 9 square cakes
Pairs well with: Syrup of Squill, cooked breakfast meats
Diplomatic plating: Garnish with fresh fruit or berries, and a small bottle of squill syrup.

The groat is arguably one of the only good things to come out of the Cardassian occupation of Bajor in the mid-2300s. On its native Cardassia Prime, the groat crop is predominantly grown indoors in massive greenhouses, partly to compensate for the sparse light of the planet, but also to protect the grain from the voles that are so partial to it. It thrives in a warm, humid environment, but, in no small part thanks to the efforts of the Rakanthan Farming Project, has been successfully introduced to Bajor, where the versatile grain is made into flour, breads and other baked goods, and soups, including a kind of thick porridge.

The resulting groatcakes are a wonderful blend of ingredients, both filling and nutritious. The sweetness from the sugar and fruit masks the inclusion of a more humble Bajoran root vegetable, making it a popular snack to prepare for children. With a slightly crispy exterior and a chewy inside, groatcakes are wonderful topped with the sweet Syrup of Squill.

INGREDIENTS

Oil for the baking pan
1 ½ cups puffed rice cereal
1 cup rolled oats
3 tablespoons light brown sugar

1 ½ teaspoons ground cinnamon
Pinch of salt
1 medium carrot, peeled and grated
½ apple, peeled and grated
1 teaspoon unsalted butter, melted
2 egg whites, at room temperature
¼ cup yogurt

1. Preheat the oven to 350°F. Lightly grease an 8-inch square baking pan.

2. In a medium bowl, combine the cereal, oats, brown sugar, cinnamon, salt, carrot, and apple, tossing to mix evenly. In a smaller bowl, combine the melted butter, egg whites, and yogurt, stirring until completely combined. Drizzle this wet mixture over the dry ingredients, stirring until fully integrated. Spread the mixture out in the prepared baking pan, pressing into the corners and to the edges of the pan for an even thickness.

3. Bake until the bottom is a slightly golden color and the top is just starting to brown lightly, about 18 minutes.

4. Remove from the oven and let cool for a few minutes before cutting into 9 squares.

5. For a little extra crispiness on the edges, after cutting into squares, spread out a little on a large baking sheet and return to the oven for no more than 5 additional minutes.

Note: In many Bajoran homes, making this in a round shape cut into wedges is also popular.

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Enaran Algae Puffs

Source: *Voyager*
Culture: Enaran

Difficulty: 3/4 pips
Prep: 20 minutes
Rising: 1 ½ hours
Baking: 20 minutes
Makes: about 40 small bites
Pairs well with: charcuterie board items, such as cheese and cured meats, or the SFRs
Diplomatic plating: These little bites are visually arresting when plated just as they're baked, so consider a large platter and allow guests to select their own pieces.

Enaran algae puffs are among the many cultural artifacts introduced to the Federation by the *USS Voyager* after its well-known sojourn in the Delta Quadrant. The Enarans of Enara Prime harvest a native algae, which they dry and grind into flour for use in a variety of dishes. Algae puffs are traditionally filled with cheese produced from the milk of the domesticated *robus*, but *Voyager*'s chef, Neelix, experimented with a variety of substitutes. Because the Enarans dine without table settings, these delicious rolls—like all of their foods—are easily consumed without cutlery.

Although perhaps not appearing as glamorous as other hors d'oeuvres, these puffs make a good addition to an appetizer or buffet spread. In terms of flavor, they are every bit the equal of other snacks. Made to resemble clusters of the algae as it grows on Enara Prime, the resulting dish is made up of small bites of algae-infused bread and melted cheese. Brushed with butter and sprinkled with seeds for just a hint of crunch, these airy tidbits will break the resolve of anyone determined to enjoy just one.

INGREDIENTS

¾ cup milk
1 tablespoon sugar
2 teaspoons instant yeast
Pinch of salt
2 tablespoons melted unsalted butter
1 to 2 tablespoons green spirulina powder
2 cups all-purpose flour, plus more as needed
6 ounces mini (perlini) mozzarella balls, at room temperature
Generous pinch of sesame or poppy seeds

1. In a medium bowl, combine the milk, sugar, yeast, and salt. Once the yeast has bloomed, add half of the melted butter and the spirulina powder. Gradually add just enough of the flour to make a dough that isn't super sticky. Knead the dough for a few minutes until it bounces back when poked. Place in a lightly greased bowl, cover, and let rise until doubled in size, about 1 hour.

2. Line a large baking sheet with parchment paper. Tear off a small piece of dough, about 1 tablespoon in size, and wrap around a piece or two of the mozzarella, enclosing it in a ball. Repeat until all the dough is used up, then place the balls on the baking sheet, leaving a little space around them for them to expand and still touch one another. Let the dough balls rise again for 20 to 30 minutes more.

3. Meanwhile, preheat the oven to 375°F.

4. Bake until the tops are a golden brown, about 20 minutes. Remove from the oven and brush the tops with the remaining melted butter and sprinkle with seeds. Serve warm.

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Norellian Twist Bread

Source: *Deep Space Nine* ("The Big Game")
Culture: Norellian

Difficulty: 2/4 pips
Preparation: 20 minutes
Rising: 1 ½ hours
Baking: 25 minutes
Makes: 1 loaf; about 8 servings
Pairs well with: pasta in white or red sauce, cheeses, soups
Diplomatic plating: This bread is striking on its own, but allowing guests to cut their own slices includes them in the moment of surprise that comes with each unique piece.

In the open-air markets of Norellus, vendors in traditional dress prevail upon shoppers to sample their twist breads—multicolored loaves with a wide variety of textures and flavor profiles as diverse as the cultures that inhabit the Delphic Expanse. Many of these vendors have unique family recipes that date back generations, a source of great pride and mostly good-spirited rivalry.

Despite the multitudinous varieties that characterize the bread on Norellus itself, elsewhere in the galaxy "Norellian Twist Bread" exclusively refers to this colorful loaf with a sharp flavor and an herbal swirl throughout. On many Federation starships, it is commonly served alongside popular Earth pastas, or toasted and presented with soups.

INGREDIENTS

1 cup warm milk
1 tablespoon sugar
3 tablespoons olive oil
1 teaspoon ground turmeric
1 ½ teaspoons salt
2 teaspoons instant (fast acting) yeast
1 large egg

3 cups all-purpose flour, plus 1 tablespoon for the filling
Softened unsalted butter for the loaf pan
½ cup freshly grated parmesan cheese
½ cup pesto

1. In a medium bowl, combine the warm milk, sugar, olive oil, turmeric, salt, and yeast. Beat in the egg, then gradually add enough flour to make the dough pliable and able to pull away from the sides of the bowl. Turn the dough out onto a lightly floured surface and knead for several minutes, until it bounces back when poked. Place the dough in a lightly oiled bowl, cover with plastic wrap or a damp tea towel, and let rise in a warm area until doubled in size, about 1 hour.

2. Lightly butter an 8 ½ × 4 ½-inch loaf pan and set aside.

3. When the dough is ready, deflate it and roll it out to a rectangular shape roughly 10 × 18 inches. In a small bowl, combine the parmesan and 1 tablespoon of flour. Spread the pesto evenly over the dough, then sprinkle the parmesan/flour mixture over everything. With a long side facing you, roll the dough into a log, then slice the log lengthwise with a sharp knife. Twist the two halves of the log together, making sure as much of the layered interior as possible is showing. Pinch the two ends together, then coil the twisted dough into the prepared loaf pan. Cover and set somewhere warm to rise for an additional 30 minutes.

4. Meanwhile, preheat the oven to 350°F.

5. Bake until the top is golden brown, about 25 minutes.

6. Let cool in the pan for 10 minutes, then turn out onto a wire rack to cool for at least 10 to 15 minutes before serving.

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Makapa Bread

Source: *Deep Space Nine*
Culture: Bajoran

Difficulty: 3/4 pips
Preparation: 15 minutes
Chilling: 2 hours
Baking: 50 minutes
Makes: 1 loaf
Pairs well with: Raktajino, oatmeal, other breakfast fare
Diplomatic plating: Arrange several slices on a small plate and present with the rest of a breakfast spread.

Although simpler variations of this recipe can be found on the breakfast table in many Bajoran homes, this slightly more decadent take is an appropriate offering for even the most dignified guest. Few would expect that this quintessentially Bajoran dish was originally a sort of military ration that could be reconstituted in hot broth.

With a crispy exterior and a slightly softer middle, each slice of these twice-baked loaves is one to be savored. The native kava nuts provide a textural crunch that is balanced by the chewiness of the dried fruit, while the cocoa and spice provide a rich base.

INGREDIENTS

4 tablespoons unsalted butter, at room temperature
½ cup packed light brown sugar
2 large eggs
3 tablespoons unsweetened cocoa powder
1 teaspoon ground cinnamon
½ teaspoon baking powder
½ cup almond flour or other nut flour
1 ½ cups all-purpose flour
½ cup mini chocolate chips
¼ cup diced dates
¼ cup chopped almonds

1. In a medium bowl, beat together with a mixer the butter and brown sugar until creamy. Beat in the eggs. Add the cocoa, cinnamon, baking powder, and nut flour, blending until smooth. Gradually add 1 cup of the all-purpose flour, followed by the mini chocolate chips, dates, and almonds. When the ingredients are evenly distributed, add the remaining ½ cup flour. Cover the dough and chill for at least 2 hours until thoroughly cold and firm.

2. Preheat the oven to 350°F. Line a baking sheet with parchment paper.

3. Divide the chilled dough into 2 portions. Form each piece of dough into a log roughly 8 inches long and 2 inches wide and place on the baking sheet.

4. Bake until the loaves are mostly firm to the touch, 25 to 30 minutes. Remove from the oven and reduce the oven temperature to 300°F.

5. Let the loaves cool for 10 minutes, then cut crosswise on a slight diagonal into ¾-inch-thick slices. Space the slices out on the baking sheet and return to the oven for another 20 minutes. Allow to cool for at least 10 minutes before enjoying.

6. These rich slices are wonderful on their own or dipped in a hot mug of *raktajino*. But to take them to the next level, consider dipping in or drizzling with a little of the sweet Fettran Sauce. A light glaze of powdered sugar and mint is also a winning combination.

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Kava Rolls

Source: *Deep Space Nine*
Culture: Bajoran

Difficulty: 3/4 pips
Preparation: 10 minutes
Baking: 25 to 30 minutes
Makes: 1 dozen rolls
Pairs well with: Red Leaf Tea or Raktajino
Diplomatic plating: Consider serving with an assortment of fresh fruits.

Kava fruit, once plentiful on Bajor, became increasingly scarce during the Cardassian occupation. Its fleshy red pulp surrounds a large nut, similar in structure to the stone fruits of Earth. The kava nut is edible, however, perhaps more like an Earth cashew nut. While the fruit is the more commonly consumed part, the nuts are also used in a variety of baked goods, and even as an additive to *raktajino*.

These rolls, with their traditional shape, have long been considered a Bajoran delicacy. Because they are a little tricky to make, they're more of a special treat for holidays or as a personal indulgence. The buttery pastry exterior houses a creamy, fruity filling with an almost savory element. They're a perfect accompaniment to any breakfast along with a smattering of other dishes and edibles.

INGREDIENTS

8 tablespoons unsalted butter, at room temperature
2 tablespoons sugar
1 ½ cups yogurt
2 large eggs
Pinch of salt
3 cups all-purpose flour
¼ cup sweet red bean paste
¼ cup crumbled goat cheese
1 tablespoon poppy seeds or other seeds

1. Preheat the oven to 350°F. Line a baking sheet with parchment paper.

2. In a large bowl, beat together with a mixer the butter, sugar, yogurt, and 1 of the eggs. Add in the salt and just enough of the flour to bring the dough together to a soft consistency that isn't too dry. Knead on a lightly floured surface for several minutes until it's pliable and evenly mixed.

3. Divide the dough into 12 equal pieces. Working with one piece of dough at a time, roll into a ball, then roll out flat on a lightly floured surface into a 6-inch round. Using a sharp knife, cut vertical slits across the top half of the round, spaced about ½ inch apart, and leaving a rim of uncut dough along the top edge. Place about 2 teaspoons each of the red bean paste and goat cheese across the bottom uncut half of the dough. Working from the bottom edge of the round, roll the dough up over the filling, then roll it all up over the sliced portion. Place the rolled dough seam-side down, then curve the ends around and pinch together to make a loop. Place on the baking sheet. In a small bowl, beat the remaining egg with a little water. Brush the tops of the rolls with this mixture and then sprinkle on the seeds.

4. Bake until the rolls are puffy and golden brown, 25 to 30 minutes. Transfer to a wire rack to cool slightly, until warm to the touch.

5. Kava rolls are best when eaten the same day, ideally still warm, but can be kept in an airtight container for another day or so.

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Kimden Rolls

Source: *The Next Generation* (Novella: *Slings and Arrows: The Insolence of Office*)
Culture: Betazoid

Difficulty: 3/4 pips
Preparation: 10 minutes
Rising: 1 hour
Steaming: 10 minutes
Makes: 10 buns
Pairs well with: creamy soups; sweetened condensed milk, honey, or other condiments
Diplomatic plating: Their natural appearance makes them a striking addition to a breakfast or lunch platter. Serve alongside condiments of your choice.

Because of their telepathic abilities, the denizens of Betazed have, over the centuries, come to cultivate an open and honest culture. When this comes to their dinner tables, good food is seen as a celebration of life and eating as an expression of joy. Their cuisine is typified by a delicate balance between simplicity and excellence.

What these steamed rolls may lack in size, they more than make up for in their fluffy texture and whorled appearance. Although the dough takes a little preparation, they steam to perfection in 10 minutes, making them an ideal addition to a breakfast or lunch spread, pairing beautifully with fresh fruits from many worlds.

INGREDIENTS

¾ cup warm water
2 tablespoons sugar
Pinch of salt
Dash of vanilla extract (optional)
1 ½ teaspoons instant (fast acting) yeast
2 ½ cups flour

2 teaspoons ube powder

1. In a medium bowl, stir together the warm water, sugar, salt, vanilla (if using), and yeast. Add 1 cup of the flour until a soupy dough forms. Divide this evenly between two bowls, then add another ½ cup or so of flour to one of the bowls until it's a nice white dough that isn't too sticky. To the other bowl, add the ube powder and enough flour to make a purple dough that also isn't too sticky.

2. Working with one batch of dough at a time, turn out onto a lightly floured surface and knead for several minutes until the dough bounces back when poked. Cover with plastic wrap on the work surface and allow to rise in a warm place until doubled in size, about 1 hour.

3. Once the two balls of dough have risen, fill a medium pot with a couple inches of water and bring to a boil.

4. Roll each ball of dough out with a rolling pin to a 6 × 10-inch rectangle. Set one piece of dough on top of the other. With a long side facing you, roll the layered dough to form a long rope. Cut crosswise into 10 equal pieces.

5. Set each of the dough buns on a small piece of parchment paper. Place 5 of them in a steamer basket and place the basket in the pot of boiling water. Cover with the lid and steam for 10 minutes, then remove from the heat. Repeat for the remaining 5 buns.

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Romulan Flatbread

Source: *Picard*
Culture: Romulan

Difficulty: 2/4 pips
Preparation: 15 minutes
Rising: 1 ½ hours
Baking: 15 minutes
Makes: 1 loaf of four smaller sections
Pairs well with: seasoned olive oil for dipping, soups, stews
Diplomatic plating: Can be presented as either individual wedges or a whole incised loaf.

Considered a traditional baked good in nearly every Romulan home, this bread is so enmeshed in the culture that it does not even have a special colloquial name. Yet, before the tragedy of the supernova, loaves upon loaves could once be seen stacked atop one another in the windows of city bakeries throughout Romulus, aromas from the ovens wafting down the streets before sunrise. The loaves were purchased first thing in the morning or throughout the day for dinner, but even now, as the tradition continues on other worlds, it is always fresh-baked and freshly served.

The resulting loaf is light with bubbly air pockets and a supple softness that is thoroughly enticing. A pinch of salt over the top gives each bite a little crunch, while the herbs scattered throughout provide a subtle flavor that enhances the culinary experience. Dipped in seasoned olive oil or served alongside some soft cheese, it is no sooner baked than consumed, so consider doubling the recipe.

INGREDIENTS

2 teaspoons active dry yeast
2 teaspoons sugar
1 cup warm water

2 tablespoons olive oil
Pinch of salt, plus more for sprinkling
½ teaspoon dried savory
½ teaspoon fennel seeds
1 cup whole wheat flour
1 cup all-purpose flour

1. In a medium bowl, combine the yeast, sugar, and warm water and stir until the sugar has dissolved. Add 1 tablespoon of the olive oil, the salt, savory, and fennel seeds and then gradually add both flours, stirring vigorously for a couple of minutes to ensure everything is evenly combined. The dough will be quite wet, but this is normal. Cover the bowl with plastic wrap or a damp towel and allow the dough to rise until doubled in size, about 1 hour.

2. Line a baking sheet with parchment paper. Gently turn the dough out onto the baking sheet, pour the remaining 1 tablespoon olive oil over the top, and press into a round roughly 10 inches across. Using a sharp knife, cut the dough into four equal wedges, then poke indents all over the loaf with your fingers. Let the dough rise again for about 30 minutes.

3. Meanwhile, preheat the oven to 425°F.

4. Transfer the baking sheet to the oven and bake until the top is just starting to turn golden brown, about 15 minutes. Allow to cool for 5 minutes off the pan before serving.

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Andorian Spice Bread

Source: *Star Trek: Stargazer* novel *Oblivion*
Culture: Andorian

Difficulty: 3/4 pips
Preparation: 25 minutes
Rising: 1 ½ hours
Baking: 25 minutes
Makes: 1 loaf; about 8 servings
Pairs well with: Spiced Enyak's Milk, a light drizzle of icing, platter of fresh fruit
Diplomatic plating: Make this loaf the centerpiece of a table on a nice platter, surrounded by other foods and fruits.

This golden-brown loaf is fashioned in the shape of a snowflake, a common decorative motif on the ice moon of Andoria and as seen on many of the artistic exports from that planet, including ceramics and dyed silks. The unique shape of the bread also makes it ideal for sharing among friends or family, as individual pieces can be easily torn off. It's customary, once all the outer pieces have been consumed, for someone to pick up the center piece and offer it to someone else seated at the table—it is considered a gesture of respect and affection, and thus quite rude to eat the last piece oneself.

The flavor is robust and redolent with spice that has a warming quality, and not a little bit of a bite. The swirling layers of bread and filling make each twist a delight to the palate and the eye. It works well as a sweet bread accompaniment to heavy dinners of meat and stew and also as a pleasant breakfast loaf.

DOUGH

1 cup warm milk
3 tablespoons unsalted butter, melted
1 large egg

2 tablespoons sugar
2 teaspoons instant (fast acting) yeast
3 ½ cups all-purpose flour, plus more for rolling out
1 teaspoon salt
1 teaspoon vanilla extract

FILLING AND GLAZE

½ cup packed light brown sugar
1 teaspoon ground cinnamon
1 teaspoon ground cumin
1 teaspoon Chinese five-spice powder
1 egg, beaten with a splash of water

1. Make the dough: In a large bowl, combine the warm milk, melted butter, egg, sugar, yeast, and 1 cup of the flour. Add the salt and vanilla. Gradually add enough of the remaining flour to make a dough that is no longer sticky. Turn the dough out onto a lightly floured surface, then knead for several minutes until it bounces back when poked. Place the dough in a lightly oiled bowl, cover with plastic wrap or a damp towel, and allow to rise in a warm location until doubled in size, about 1 hour.

2. Meanwhile, make the filling: In a small bowl, combine the brown sugar and spices. Set aside.

3. Line a baking sheet with parchment paper. Deflate the dough and divide into 4 equal pieces. Working with one piece of dough at a time, roll out on a floured surface to a round of no more than ¼-inch thickness. Transfer to the prepared baking sheet and brush with the beaten egg, then evenly sprinkle one-third of the filling over top. Repeat with the next piece of dough and another one-third of the filling. Repeat a final time. Roll the fourth piece of dough and set on top of the stack.

4. Using a small glass or cookie cutter 1 to 2 inches across, gently mark a circle in the middle of the dough. Leaving this center intact, slice the dough outward into 16 equal wedges. Select 2 wedges next to each other, and gently twist them in opposite directions, which should give you the decorative pattern. Repeat

all the way around the loaf. Allow the bread to rise for another 30 minutes.

5. Meanwhile, preheat the oven to 350°F.

6. Bake until fragrant and golden brown, about 25 minutes.

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MAINS

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Denobulan Sausages

Source: *Enterprise*
Culture: Denobulan

Difficulty: 2/4 pips
Preparation: 15 minutes
Cooking: 35 to 40 minutes
Makes: 3 to 6 servings, depending on portions
Pairs well with: a spicy relish; sharp cheese
Diplomatic plating: Although they have a striking appearance on their own, several of these sausages can be arranged in a concentric pattern on a large appetizer spread, alternating with cheese, various condiments, and other snacks.

On Denobula, compact living quarters do not always allow for cooking facilities in every home. As a consequence, there is a robust business of restaurants for both dining in and catering out. These sausages are a popular street food, often eaten on the go. They are made from lemur meat, and the segmented sections are intended to resemble the creature's tail.

Although these sausages come from humble origins, their unique appearance and delicious flavor has gained them popularity on many more ennobled tables as both an entrée and appetizer. Other meats can be substituted for the lemur, although as with all sausages, it's best not to inquire too deeply.

INGREDIENTS

6 hot dogs
¼ cup raspberry jam
1 tablespoon honey
½ teaspoon Thai red curry paste
1 teaspoon soy sauce

1. Preheat the oven to 400°F. Line a baking sheet with parchment paper and set a wire rack on top of the sheet.

2. On a cutting board, working with one at a time, slice each hot dog crosswise every ½ inch, cutting almost all the way through, leaving a small amount uncut (a good trick is to use bamboo skewers placed on either side of the hot dog to keep the knife from cutting all the way through).

3. Place the sliced hot dogs on the prepared baking sheet and curl each into a round shape—don't worry if they're not completely coiling, as they will do so during cooking.

4. In a small bowl, combine the jam, honey, curry paste, and soy sauce to make a glaze. Brush about half the glaze evenly over the hot dogs.

5. Bake the hot dogs until curled and crispy on the edges, 35 to 40 minutes. At the halfway mark, brush the remaining glaze onto the hot dogs, making sure to get as much as possible in the slices.

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Katterpod Noodle Bowl

Source: *Deep Space Nine*
Culture: Bajoran

Difficulty: 2/4 pips
Preparation: 5 minutes
Cooking: 20 minutes
Makes: 4 large servings
Pairs well with: Argelian Coleslaw, salads, yogurt-based drinks
Diplomatic plating: Serve with small pinch bowls of crushed peanuts and pepper flakes to allow guests to season to taste.

Katterpod is one of the staple crops native to Bajor. It is grown extensively across the planet, and even flourished on at least one of its moons for a time. The plants produce only about knee-high shoots of lush green foliage, but the actual crop itself is a sort of legume that grows in large clusters underground.

This recipe creates a dish that is healthy, hearty, and filling. The richly flavored broth smells of freshly harvested and roasted katterpod beans, while the assorted vegetables mean that no two batches are the same. For that reason, it's a versatile base recipe capable of being tweaked according to seasonal harvests.

INGREDIENTS

1 tablespoon toasted sesame oil
2 cloves garlic, minced or grated
1-inch piece fresh ginger, grated
1 tablespoon Thai red curry paste
½ cup creamy peanut butter
1 (14-ounce) can full-fat coconut milk
2 cups vegetable broth
10 ounces mixed stir-fry vegetables
1 (15-ounce) can chickpeas, drained and rinsed
8 ounces soba noodles
½ cup crushed peanuts, for serving

Red pepper flakes, for serving

1. In a large saucepan, heat the sesame oil over medium heat. Add the garlic and ginger and cook for several minutes, until fragrant and just starting to brown. Stir in the curry paste, peanut butter, and coconut milk until smooth. Once everything is evenly combined, add the vegetable broth, stir-fry vegetables, and chickpeas. Bring to a simmer and cook until the vegetables are soft, about 10 minutes.

2. Meanwhile, in a separate pot, cook the soba according to package directions. Drain.

3. Remove the vegetable mixture from the heat and stir in the soba. Transfer to serving bowls, top with the peanuts, and season with pepper flakes to taste. Serve immediately.

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Krada Leg Skewers

Source: *Lower Decks, Discovery*
Culture: Klingon

Difficulty: 2/4 pips
Preparation: 15 minutes
Chilling: 30 minutes
Cooking: 20 minutes
Makes: 4 skewers of 5 meatballs
Pairs well with: Klingon Bloodwine, fried potatoes, fried dough
Diplomatic plating: As these are typically a street food, they are generally served right off the grill, so select decorative skewers if available.

The *krada* is a medium-sized amphibious creature from Klingon space, especially prized for its leg meat. Whole legs are wrapped and soaked in brine before smoking, but these skewers are a more street-friendly version of the traditional Klingon fare. Meant for eating on-the-go, it's the primary offering of Mr. Krada Leg, an increasingly popular franchise that serves the meat in an assortment of forms throughout several sectors.

***Krada* meat is surprisingly lean, with hints of aquatic tang. The skewers are smothered in a rich sauce that is both hot and sweet. In the street markets of Qo'noS, vendors compete to produce the most intense extremes of these two flavors, each boasting loudly that their own creation features the most piquant clash of culinary experiences. The recipe provided below offers a more balanced flavor profile, and is representative of *krada* as it has been more widely popularized across the Alpha Quadrant.**

KRADA SAUCE

3 cloves garlic, finely chopped
¼ cup soy sauce
3 tablespoons molasses

2 tablespoons tahini
1 tablespoon rice vinegar
1 tablespoon vegetable oil
½ teaspoon Sriracha sauce
½ teaspoon smoked paprika
Kosher salt and freshly ground black pepper

MEATBALLS

1 large egg
2 ounces anchovies
1 pound ground turkey
½ cup panko bread crumbs
½ teaspoon salt

1. Make the krada sauce: In a blender or food processor, combine the garlic, soy sauce, molasses, tahini, vinegar, vegetable oil, Sriracha, smoked paprika, and salt and pepper to taste. Blend until smooth.

2. Make the meatballs: In a clean food processor bowl, pulse the egg and anchovies until no large pieces of anchovy remain. In a bowl, combine the turkey, anchovy/egg mixture, panko, salt, and 1 teaspoon of the krada sauce. Mix by hand until everything is evenly blended. Refrigerate for about 30 minutes.

3. Meanwhile, preheat the oven to 375°F. Line a baking sheet with parchment paper.

4. Divide the meat into 20 equal portions and roll into meatballs. Thread 5 meatballs onto each of four metal or soaked wooden skewers. Place these on the baking sheet and brush with half of the krada sauce.

5. Bake until the meatballs are a nice golden brown, about 20 minutes. Brush the skewers with the remaining krada sauce while they are still hot.

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Hasperat

Source: *Deep Space Nine, The Next Generation, Discovery*
Culture: Bajoran

Difficulty: 2/4 pips
Preparation: 10 minutes
Makes: 2 servings
Pairs well with: Leola Rice Pilaf
Diplomatic plating: Cut the hasperat on an angle to showcase the coiled layers. It can also be cut into ½-inch-thick slices and served as an appetizer.

The secret to really good hasperat is in the brine. Most families on Bajor have handed down their own personal recipe for hasperat through many generations, the ingredients of which are closely guarded, but incorporate native plants such as moreka and spiny basil. Less customized versions are also available for purchase in specialized hasperat shops. The dish itself likely dates back to a time when much of Bajor was more rural and agricultural, and vegetables had to be preserved for transport to larger villages. Although "hasperat" is technically the name of the brined vegetables themselves, the term has also become synonymous with a type of rolled sandwich popular across the planet.

This recipe creates a base that is incredibly versatile and can be adapted both to taste and to availability of ingredients. Some prefer a simpler version, while others load up each roll with extra greens, legumes, other vegetables, etc. These differences are a result of many factors, such as geographic location, political affiliation, and even the historical caste delineations of *D'jarras*. For most Bajorans, the spicier the hasperat the better, but some off-worlders may prefer a milder take on this local classic.

INGREDIENTS

⅓ cup spicy kimchi
6 ounces cream cheese, at room temperature
1 to 2 tablespoons kimchi brine
2 green bell peppers, quartered
2 red bell peppers, quartered
4 (10-inch) flour tortillas
About ½ cup fresh greens, cilantro, beans, etc.

1. In a food processor, pulse the kimchi until no large pieces remain. Blend with the cream cheese and kimchi brine and set aside. Shred or grate the bell peppers, using the food processor shredding disc or by hand on a grater, and set in a colander to drain for about 5 minutes, pressing out any excess moisture.

2. When ready to assemble, divide the cream cheese mixture evenly among all 4 tortillas and spread over the surface of each. Layer 2 of the tortillas so that their edges overlap a few inches. Repeat with the other 2. Spread the shredded peppers evenly over the top of the stacked tortillas, followed by any other ingredients noted, according to individual taste. Starting on one of the shorter ends, roll as tightly as possible, and serve immediately.

Note: If kimchi is too powerfully flavored of an ingredient, try substituting with your choice of salsa.

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Rokeg Blood Pie

Source: *The Next Generation, Deep Space Nine, Voyager*
Culture: Klingon

Difficulty: 3/4 pips
Preparation: 20 minutes
Chilling: 30 minutes
Cooking: about 1 hour
Makes: 1 pie; 6 to 8 servings
Pairs well with: Klingon Bloodwine
Diplomatic plating: This is a striking centerpiece in its own right, so be sure to let guests see it whole before scooping out individual servings.

Although perhaps not quite as well known as *gagh*, blood pie is a Klingon dish through and through. It is traditionally eaten on the Day of Honor, when Klingon warriors reflect on their actions from the past year. As honor is so pivotal a virtue in Klingon culture, this dish plays an important role in the annual celebration. While it has not gained popularity outside the Empire, it is well worth adding to your culinary repertoire.

The pie itself is striking in appearance, with a blood-red sheen over the top of the filling, punctuated by spikes here and there. The filling is dense and intensely flavored, with chunks of blood sausage dotted throughout. A seasoned pastry contains the mixture and makes it easier to portion onto plates.

DOUGH

1 ½ cups all-purpose flour
8 tablespoons unsalted butter
Pinch of salt
¼ teaspoon freshly ground black pepper
¼ teaspoon ground cumin
¼ teaspoon caraway seeds
1 large egg

FILLING

2 bunches of small beets, diced, with the chunky stems cut into ½-inch pieces, and the stringy roots reserved
2 medium carrots, peeled and diced
1 potato, peeled and diced
½ pound blood sausage or game sausage, cut into bite-sized chunks
3 tablespoons olive oil
3 cloves garlic, minced
Grapok Sauce

1. Make the dough: Preheat the oven to 350°F.

2. In a bowl, rub or cut together the flour and butter. Add the seasonings, then the egg, and just enough water to pull the whole mixture together. Chill the dough for 30 minutes, then roll it out and line a 9-inch pie plate with it, tearing its edges to give it a rough look. Prick the bottom of the pastry with a fork and bake until a nice golden brown, about 15 minutes. Remove from the oven and increase the oven temperature to 400°F.

3. Make the filling: In a bowl, toss the vegetables, sausage, cut beet stems, and the stringy roots with the olive oil and garlic, then spread out on a baking sheet. Roast until the beets are fork-tender, about 40 minutes. Remove from the oven and let cool for about 5 minutes.

4. To assemble the pie, transfer the filling to the baked pie crust and press down to make a mostly even layer. Place the roasted stringy beet roots on top and brush the finished pie with *grapok* sauce to give it a shiny red appearance. Serve warm.

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Chadre'kab

Source: *Voyager*
Culture: Talaxian

Difficulty: 2/4 pips
Preparation: 10 minutes
Cooking: 20 to 30 minutes
Makes: 4 large servings
Pairs well with: roasted meats, green salads
Diplomatic plating: Serve in individual bowls with an artful swirl for the base and a few extra drizzles of the vegetable juice on top, and garnish with additional fresh herbs.

This incredibly adaptable Talaxian dish can be served up in a diverse array of styles, including baked, boiled, steamed, roasted, stir-fried, and more. Although similar to Earth polenta, *chadre'kab* has a much higher amino acid and glycoprotein count, making it a wonderful side dish or main course for any number of occasions.

This variation on the recipe consists of the *chadre'kab* base topped with roasted vegetables. It can be easily modified to suit both seasonal crops as well as local interstellar availability. The result is a hearty, filling dish that is as at home on Talax as it is perfect for the cool days of Earth autumn and winter.

CHADRE'KAB BASE

2 cups milk
2 tablespoons unsalted butter
1 cup medium or coarse cornmeal
¼ cup freshly grated parmesan cheese
Salt

VEGETABLE TOPPING

2 ½ pounds mixed vegetables (such as eggplant, bell pepper, cherry tomatoes, zucchini, onion, etc.), peeled and cubed

2 tablespoons olive oil
Kosher salt
1 tablespoon balsamic vinegar
2 cloves garlic, minced
2 teaspoons chopped fresh herbs, such as parsley, rosemary, or thyme, for garnish

1. Preheat the oven to 425°F.

2. Make the *chadre'kab* base: In a medium saucepan, combine 2 cups water, the milk, and 1 tablespoon of the butter. Bring to a boil over medium-high heat, then whisk in the cornmeal. Reduce the heat to low, cover, and cook, stirring occasionally to make sure it isn't sticking, until a soft, thick paste, 20 to 30 minutes. Remove from the heat and stir in the parmesan and the remaining 1 tablespoon butter. Season to taste.

3. Make the vegetable topping: On a large sheet pan, toss the vegetables with the olive oil and salt to taste. As soon as the oven is up to temperature, roast until everything has softened and started to brown, about 20 minutes. Sprinkle with the vinegar, garlic, and herbs and keep warm until serving.

4. To serve, divide the *chadre'kab* base among four serving bowls and top with the roasted vegetables. Sprinkle with some fresh herbs and serve warm.

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Gagh

Source: *The Next Generation, Deep Space Nine, Voyager, Enterprise, Lower Decks*
Culture: Klingon

Difficulty: 4/4 pips
Preparation: 15 minutes
Cooking: 30 minutes
Makes: 2 to 4 servings
Pairs well with: Klingon Bloodwine, garlic bread
Diplomatic plating: As with bloodwine, few Klingons would find this an acceptable substitute for proper *gagh*. Serve in earthenware bowls, with dramatic centerpieces.

Although many have heard of this notorious Klingon dish, few outside the Klingon Empire know that there are over fifty types of *gagh*. The differences stem largely from each dish's preparation, the sauce used, and what sort of blood the serpent worms are fed on, but there are several different varieties of worms, as well. The creatures are kept hungry until they're ready to serve, then fed an abundance of blood, on which they gorge themselves. Klingons eat the *gagh* still alive and wriggling, enjoying the burst of blood over the palate with each bite.

As expected, other species have a somewhat lower tolerance for eating live worms, so bear that in mind in preparing a menu. This recipe gives the general sensation of eating *gagh* without the need for live serpent worms, which are not readily available in every market. In that sense, it most resembles *wistan gagh*, which is packed in *targ* blood. The consistency is every bit as wriggly as proper *gagh*, with a meaty chew full of flavor.

INGREDIENTS

6 ounces udon noodles
1 pound ground beef

2 large eggs
½ cup beet juice
¼ cup all-purpose flour
1 tablespoon smoked paprika
1 teaspoon garlic powder
Double recipe Grapok Sauce

1. Cook the udon noodles according to the package directions, then drain and set aside in a medium bowl. Bring a medium pot of water to just under a simmer.

2. In a food processor, combine the beef, eggs, beet juice, flour, smoked paprika, and garlic powder. Blend until there's a smooth and even consistency. Transfer the mixture to a piping bag fitted with a round tip roughly the size of the cooked udon noodles. Working with about one-quarter of the mixture at a time, gently pipe the meat paste into the simmering water. The strands will be long but will likely break into shorter pieces as they cook (or later when they are tossed with the noodles). Allow each batch of meat to cook for several minutes, until it has all risen to the top of the pot. Using a slotted spoon, gently transfer the cooked meat to the bowl with the noodles. Repeat until all the meat has been used.

3. Pour about two-thirds of the *grapok* sauce over the meat and noodles, then gently toss together until everything is evenly coated with red. Transfer to serving dishes, then top with the remaining sauce just before serving.

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Spatchcocked Tribble

Source: The Original Series, The Animated Series, *Enterprise, Deep Space Nine, Discovery, Lower Decks, Short Treks*
Culture: Federation

Difficulty: 2/4 pips
Preparation: 15 minutes
Cooking: 20 minutes
Makes: 8 tribbles; 4 small servings
Pairs well with: Leola Rice Pilaf; Risan Mai-Tai
Diplomatic plating: Serve atop a bed of fresh greens and garnish with a little hot sauce. It's worth noting that the Klingons despise tribbles, so it's best to skip this dish altogether if expecting such guests.

At least two known variants of tribbles exist, *Polygeminus grex* and *Tribleustes ventricosus*, the latter of which was the result of unsanctioned genetic manipulation to create a subspecies that could serve as an answer to hunger problems on less developed worlds. As the project lacked sufficient oversight, the resulting tribbles reproduced so quickly as to be a danger to ship, planet, and wider quadrant. So volatile was the threat that the Klingons actually destroyed the tribble homeworld of Iota Geminorum IV.

Careful cultivation of tribbles has nonetheless been undertaken for culinary purposes. This recipe presents the tribble quartered and wrapped in flaky dough, arranged in a visually pleasing cloverleaf shape. Different cultures season tribble with varying ingredients, so be sure to pick a version you enjoy. Although an unconventional meat, to say the least, it is served in a number of high-end restaurants across Federation space, including the famous Café des Artistes in Paris.

INGREDIENTS

½ recipe Delvan Fluff Pastry or 1 (14-ounce) package puff pastry
1 pound lamb or game sausages (about 4 large links)
1 egg, beaten

1. Preheat the oven to 425°F. Line two baking sheets with parchment paper.

2. Roll the pastry out on a lightly floured surface to a rectangle roughly 12 × 20 inches. Cut into four smaller rectangles that can be wrapped entirely around the sausages. Working one at a time, wrap the dough around a sausage, sealing the seam with a little bit of water. Use a sharp knife to cut each sausage crosswise into 8 equal slices, then arrange the slices in groups of 4 in a kind of cloverleaf shape on the baking sheet. Brush each cloverleaf with the beaten egg.

3. Bake until the dough has turned a golden brown and the sausage is cooked through, 15 to 20 minutes. Best served warm.

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Vulcan Pok Tar

Source: *Enterprise*
Culture: Vulcan

Difficulty: 3/4 pips
Preparation: 10 minutes
Cooking: 10 minutes
Makes: 2 servings
Pairs well with: herbal tea
Diplomatic plating: This is a terrific dish in its own right, but if you need to spruce up the table some, consider using the best cutlery and dishes for your guests.

In the Vulcan culture, it is widely accepted that a good meal can better prepare one to speak. This likely stems from the Vulcan elevation of logic to such a high standard, and an ironically unspoken acknowledgment that hunger can undermine even the most disciplined mind. Although the ingredients vary somewhat, *pok tar* is meant to be a well-balanced meal that can help re-center the one eating it; with a little protein, crisp greens, and a touch of fruit, this recipe is just that.

Like all Vulcan decisions, the one to forgo the consumption of meat is based in equal parts logic and cultural history. Deciding that such consumption could make them more aggressive like their Romulan cousins, nearly all Vulcans are stalwart vegetarians. They are not, however, opposed to animal products; thus, the preparation of the water eggs is a uniquely Vulcan technique that is well worth trying, as it produces a lovely poached result in any quantity needed.

INGREDIENTS

2 tablespoons soy sauce
1 tablespoon toasted sesame oil
1 teaspoon rice vinegar
1 teaspoon sugar

2 cups mixed seaweed salad
½ starfruit, sliced
2 large eggs
Pinch of salt and pepper
Several slices of pickled ginger, for garnish

1. Bring a large pot of water to a boil.

2. In a small bowl, combine the soy sauce, sesame oil, vinegar, and sugar. Toss with the seaweed salad, then plate and stud with slices of starfruit.

3. Line a small bowl with a piece of plastic wrap and lightly oil it. Crack a single egg into the bowl, season with a little salt and pepper, and wrap the plastic up around the egg and fasten with a clip or tie. Repeat with the second egg. Gently lower the bagged eggs into the simmering water and cook until the whites are cooked and the yolks are mostly set, 3 to 4 minutes. Scoop out of the pot and carefully unwrap the eggs.

4. Place the eggs on the plate alongside the other components and enjoy while still warm.

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First Contact Day Salmon

Source: *Lower Decks*
Culture: Federation

Difficulty: 1/4 pips
Preparation: 5 minutes
Cooking: 10 to 15 minutes
Makes: 2 servings
Pairs well with: Mashed Andorian Tuber Root, Chadre'kab, rice and steamed vegetables
Diplomatic plating: Plate with a choice of sides, and consider drizzling with Yamok Sauce and/or Kavarian Olive Oil before topping with a little fresh parsley.

According to tradition, the first food served to the Vulcans when they arrived on Earth was fresh Montana salmon. Regardless of whether there is any truth to this story, salmon is now universally agreed upon as the appropriate fare for a First Contact Day celebration. Although this custom is baffling to the Vulcans, who neither remember nor care what food they may have been served, it is nonetheless fondly remembered throughout much of the Federation.

Because it's a recipe for two servings and not an entire fish, this dish is incredibly easy and quick to make. It highlights the wonderful natural flavor of the salmon, enhancing it with a well-balanced sweet-sour-umami glaze. Add to that a sauce of your choice and you'll soon have a meal that is wonderful for just yourself and impressive to any guests.

INGREDIENTS

Olive oil for the pan
2 salmon fillets (about 6 ounces each)
2 tablespoons olive oil
1 tablespoon light brown sugar
1 tablespoon soy sauce
1 teaspoon fresh lemon juice

Pinch each of salt and freshly ground black pepper
Fresh parsley, for garnish

1. Preheat the broiler. Line a small pan with foil and brush with a little olive oil to keep the salmon from sticking.

2. Place the fillets in the prepared pan. In a small bowl, beat together the olive oil, brown sugar, soy sauce, lemon juice, salt, and pepper with a fork to combine. Brush this mixture over the salmon.

3. Broil until the salmon is cooked through, 10 to 15 minutes. Garnish with the parsley and serve immediately.

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Lingta Roast

Source: *Deep Space Nine*
Culture: Klingon

Difficulty: 3/4 pips
Preparation: 10 minutes
Cooking: 40 minutes
Makes: 4 servings
Pairs well with: Fettran Risotto, Mashed Andorian Tuber Root
Diplomatic plating: Present the entire roast to guests before slicing so they can appreciate the dish's appearance. Drizzle with sauce of your choice and garnish with fresh thyme.

A species native to Qo'noS, the *lingta* is a quadruped known for its delicious meat. It also holds an important role in the Klingon culture, in part because it is often the first kill for youths. Another particularly well-known custom is one found in the Mekro'vak region of the planet, where a potential suitor brings a leg of *lingta* to the lady he intends to court.

The unique appearance of a *lingta* roast makes it a winning centerpiece for a variety of occasions, while the flavor is sure to please any guest. The segmented meat is unique to the *lingta*, with portions of it having a sweeter crunch. Serve with fresh red *grapok* sauce for a more visually striking plating, or consider swapping out with a batch of Fettran sauce for a milder flavor combination.

INGREDIENTS

2 pounds pork tenderloin, trimmed of any fat
2 pears, halved, cored, and cut lengthwise into slices ¼ inch thick
1 tablespoon balsamic vinegar
1 tablespoon olive oil
¼ teaspoon smoked paprika
½ recipe savory Fettran Sauce or 1 recipe Grapok Sauce

1. Preheat the oven to 375°F. Line a baking sheet with either foil or a silicone baking mat.

2. Using a sharp knife, cut vertical slits across the pork almost all the way through to the bottom every ½ inch or so. Place a slice of pear into each of these cuts and curl the tenderloin into a decorative shape in the pan. In a small bowl, combine the balsamic vinegar, olive oil, and smoked paprika. Baste the pork with this mixture, making sure to get plenty into the cuts.

3. Transfer the pan to the oven and roast until the pork is cooked through and the pears have softened, about 40 minutes. Serve with your choice of sauce.

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Pizza with Bunnicorn Sausage

Source: *Picard*
Culture: Earth

Difficulty: 3/4 pips
Preparation: 20 minutes
Rising: 1 ½ hours
Sausage sitting: 1 to 12 hours
Cooking: 12 minutes
Makes: 2 pizzas (8 slices)
Pairs well with: red wine, an antipasto platter
Diplomatic plating: Be sure to arrange the toppings evenly in a visually pleasing pattern, so that each slice is roughly the same.

Although many cultures have their own versions of baked flatbread with toppings, pizza is one of Earth's great contributions to intergalactic cuisine. The toppings of choice can be a point of fierce debate, but as pizza spread across the Alpha and Beta quadrants, an infinite variety of new toppings were added to the mix.

So it was with the *bunnicorns* of Nepenthe, whose lean meat makes an exceptionally good sausage and a delicious topping rich with spices and herbs. Combined with fresh mozzarella, ripe tomatoes, and a thin layer of sauce, this is a winning twist on Earth pizza that will make a memorable meal for family and friends.

DOUGH

1 cup warm water
1 tablespoon sugar
2 teaspoons instant (fast acting) yeast
3 tablespoons olive oil, plus more for the bowl
1 ½ teaspoons salt
3 cups all-purpose flour
¼ cup cornmeal, for the pan

TOPPINGS

8 ounces store-bought pizza sauce of choice
2 medium tomatoes, thinly sliced
2 (8-ounce) balls fresh mozzarella cheese, thinly sliced
¼ cup freshly grated parmesan cheese
Handful of fresh basil leaves
Bunnicorn Sausage Patties (recipe follows; see Note), torn into small pieces
Olive oil, for brushing
Salt and red pepper flakes

1. Make the dough: In a medium bowl, combine the water, sugar, yeast, oil, and salt. Gradually add the flour until the dough is not too sticky but still pretty firm. Turn the dough out onto a lightly floured surface and knead for several minutes until it's pliable and bounces back when poked. Transfer the dough to a lightly oiled bowl, cover, and place in a warm spot to rise until doubled in size, about 1 hour. Divide the dough into two equal pieces, then let rise again for another 20 minutes.

2. Preheat the oven to 450°F. Set out a large baking sheet.

3. Take one of the dough pieces and pinch it into a flat disc, then lay it down on a lightly floured surface and continue to press and flatten as much as you can into a round shape, about ⅛ of an inch, leaving a little extra thickness on the edges for the crust. Sprinkle half the cornmeal on the baking sheet to keep the dough from sticking, then move the dough to the sheet.

4. Top the pizzas: Spread a thin layer of sauce over the dough, then dot with the fresh tomatoes, mozzarella, parmesan, basil, and bunnicorn sausage pieces. Repeat with the second piece of dough and toppings.

5. Bake both until their crusts are brown and the cheese fully melted, about 12 minutes. Remove from the oven and place on a rack.

6. Brush the crusts with olive oil and sprinkle a little salt and pepper flakes over the top. Cut and serve while still hot.

Note: The sausage is best prepared ahead of time so the meat has time to develop flavor from the spices. In a pinch, you can start it before making the dough and let it sit while the dough rises.

Bunnicorn Sausage Patties

1 pound ground rabbit or turkey meat
1 ½ teaspoons fennel seed
1 teaspoon dried sage
1 teaspoon salt
½ teaspoon freshly ground black pepper
Pinch of ground ginger
Pinch of garlic powder
Pinch of red pepper flakes
1 teaspoon olive oil

1. In a large bowl, combine the ground meat and seasonings and mix everything until completely and evenly blended. Cover the bowl and refrigerate for at least 1 hour or overnight to allow the flavors to blend and deepen.

2. Heat a nonstick skillet over medium heat and add the olive oil. Tear off a small piece of the meat, no more than ¼ cup at a time, and flatten between your hands. Lay the patty in the pan and cook for several minutes on each side, until browned and cooked through. Repeat with the remaining meat, tearing each cooked patty into smaller bite-sized pieces, then set aside until ready to use.

3. This recipe makes enough topping for four pizzas, so any leftovers can be frozen for 2 to 3 months.

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DESSERTS

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Rigelian Chocolate Truffles

Source: *Deep Space Nine*
Culture: Rigelian

Difficulty: 2/4 pips
Preparation: 15 minutes
Cooking: 10 minutes
Chilling: 2 hours
Makes: about 2 dozen small truffles
Pairs well with: ice-cold milk, a bouquet of exotic flowers
Diplomatic plating: Dust the serving plate with the same powder you roll some of the truffles in for a more dramatic presentation, or place them in a small tin or box for gifting.

Although these truffles hail from the Rigel system, they are so popular as a romantic gesture that they may as well have originated from the pleasure planet Risa. While not the rarest of intergalactic chocolates, nor the most prestigious, they are nonetheless a perfect accompaniment to a dessert platter or as a small gift.

This confection is not only easy to make, but entirely customizable with your choice of flavoring. Rigelian truffles can be made with either Earth cocoa or chocolate from a variety of other systems within the Federation. The result will still be essentially the same: decadently soft truffles that are also a little too easy to eat.

INGREDIENTS

1 (14-ounce) can sweetened condensed milk
2 tablespoons unsalted butter, plus more for greasing of hands during rolling if mixture gets too sticky
⅓ cup unsweetened cocoa powder
Rolling mixture, such as cinnamon, espresso powder, cinnamon sugar, cocoa, dried fruit powder, sprinkles, chopped nuts, etc.

1. In a small saucepan, combine the condensed milk and butter. Cook over medium-low heat until the butter has completely melted, then stir in the cocoa powder. Continue to cook until the mixture has noticeably thickened and has started to pull away from the sides of the pan, 5 to 10 minutes. Remove from the heat and transfer to a large plate. Refrigerate for at least 2 hours.

2. When you are ready to finish the truffles, set out several small bowls with your desired rolling mixture. Using a spoon, scoop out about a tablespoon of the chilled mixture and quickly roll into a ball between your hands, greasing your hands with extra butter if needed. Roll in the rolling mixture and set aside. Continue until the mixture is used up. In warmer weather, the finished truffles may benefit from additional chilling to help them hold their shape.

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Ktarian Chocolate Puffs

Source: *The Next Generation, Voyager*
Culture: Ktarian

Difficulty: 4/4 pips
Preparation: 30 minutes
Baking: 25 minutes
Makes: about 2 dozen puffs
Pairs well with: hot cocoa or other hot beverage
Diplomatic plating: Dust the plates with cocoa powder and decorate with some Orion Spice Crumble. For an especially decadent twist, the top of each puff can also be dipped in melted chocolate.

The glaciers on Ktaris are a popular vacation destination for both native Ktarians and off-worlders. Famed for their challenging slaloms and ever-shifting terrain, these steep peaks attract competitive athletes and adrenaline junkies alike. For these daredevils, as well as those more inclined toward a milder holiday, the cozy ski lodges offer a variety of enticing foods and beverages, including the planet's famed and irresistible chocolate puffs.

While sometimes served as a single enormous centerpiece for celebrations and large gatherings, this recipe produces individual serving sizes that are more suited to a dessert course. Each puff is topped with a crackly crust of sweet cocoa, while the crisp outer shell shelters a mouthful of nutty Ktarian pudding. It's a winning combination that has gained in popularity far beyond its origins, but is still especially delicious after a spell in chilly weather.

CRACKLE CRUST

4 tablespoons unsalted butter, at room temperature
⅓ cup packed light brown sugar
½ cup all-purpose flour
1 tablespoon unsweetened cocoa powder

PUFFS

½ cup milk
2 teaspoons sugar
Pinch of salt
5 tablespoons unsalted butter
1 cup all-purpose flour
2 teaspoons unsweetened cocoa powder
4 large eggs

TO SERVE

Ktarian Pudding

1. Make the crackle crust: In a small bowl, blend together the butter, brown sugar, flour, and cocoa until smooth. Spread the mixture between two sheets of parchment paper and roll out quite thin, around ⅛ inch thick. Place the mixture, still between the parchment paper, on a flat baking sheet and freeze while you make the puffs.

2. Make the puffs: In a medium saucepan, combine the milk, ½ cup water, the sugar, salt, and butter. Cook over medium heat until the butter is entirely melted and the liquid has started to steam. Remove from the heat and stir in the flour and cocoa, making sure there are no lumps. Return to the heat and continue to cook for several more minutes until the mixture has noticeably thickened and there is a film cooked onto the bottom of the pan.

3. Transfer the mixture to a bowl and beat on low with an electric mixer to cool it down. When the mixture is no longer hot, beat in the eggs one at a time; don't worry if the mix appears to break—just keep adding and mixing until everything is smooth.

4. Preheat the oven to 400°F. Line two baking sheets with silicone baking mats or parchment paper.

5. Transfer the puff dough to a pastry bag fitted with a large round tip. Pipe about two-thirds of the mixture in balls about 1 ½ inches in diameter onto the prepared baking sheet, leaving a little room between the balls for expansion as they bake. Pipe the remaining mixture onto the second baking sheet in smaller balls,

and in equal number to the larger, as the smaller puffs will sit atop the larger ones.

6. Take the frozen crackle crust from the freezer and, working quickly, cut into rounds about the same size as the two sizes of puffs. Gently lay a crunchy disc on top of each puff.

7. Transfer the baking sheets to the oven and bake until they are fully puffed out and rounded, and the crust looks hardened—about 25 minutes for the larger puffs and about 20 minutes for the smaller ones. When they come out of the oven, poke each with a toothpick to release residual steam and keep the puffs from deflating. Allow to cool completely on a wire rack.

8. To serve: Transfer the Ktarian pudding to a piping bag fitted with a medium star tip. Poke the tip through the bottom of each puff (both sizes) and gently squeeze in the pudding until each puff is filled. Then pipe a decorative ring on top of each of the larger puffs and stack each smaller puff in the ring's center.

Note: These confections can be made several days in advance and assembled several hours ahead of serving, but any extended period beyond that will allow the puffs to get too soft.

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Osol Twist

Source: *Deep Space Nine*
Culture: Romulan

Difficulty: 4/4 pips
Prep: 30 minutes
Cooking: 30 minutes
Drying: 24 hours
Makes: roughly a dozen long twists
Pairs well with: herbal teas, other sweets as part of a dessert buffet
Diplomatic plating: While these colorful twists are striking on their own, consider plating them as part of an assortment of candies or other desserts.

The Osol twist is a traditional Romulan confection originally served to children on civic holidays. Made from two sharply flavored cords of serpentine glucose, the Osol twist is said to embody the twin Romulan virtues of mental acuity and uncompromising ferocity. Since the alliance with the Romulans during the Dominion War, the Osol twist has become popular on numerous Federation worlds where it is typically regarded as sophisticated and exotic, an attitude that often elicits wry amusement from Romulan visitors.

The initial sourness of these twists is followed by a more delicious and interesting set of flavors that belies that first puckering taste. Marshmallow-soft, they come in as wide a variety of combinations and colors as imagination can supply. Common Earth flavors are lemon-lime and strawberry-banana, but elsewhere varieties include milaberry-redspice, rippleberry-moba, and tulaberry-jacarine.

MARSHMALLOW COATING

1 ½ cups powdered sugar
¾ cup cornstarch
1 teaspoon citric acid

TWISTS

2 (¼-ounce) envelopes unflavored gelatin (about 5 teaspoons)
½ cup honey or corn syrup
¾ cup granulated sugar
Pinch of salt
Dash of vanilla extract
1 teaspoon citric acid
Food coloring
Dash of desired flavoring

1. Make the marshmallow coating: In a medium bowl, combine the powdered sugar, cornstarch, and citric acid, making sure they are evenly mixed.

2. In a small microwave-safe bowl, sprinkle the gelatin over ½ cup cold water, letting the mixture sit until the gelatin has absorbed the liquid. Set aside.

3. Fit two piping bags with large round tips and place nearby. Set out several sheets of parchment paper on the workspace and dust liberally with the marshmallow coating (when piped, the twists should not touch the paper). Set aside the remaining marshmallow coating.

4. Pour ¼ cup of the honey into a medium bowl and set near the stovetop. In a small saucepan fitted with a candy thermometer, combine the remaining ¼ cup honey, the granulated sugar, salt, and ¼ cup water. Set the pan over medium-high heat, stirring occasionally until the sugar has dissolved. Then heat until the syrup reaches 240°F (soft ball stage).

5. Meanwhile, quickly heat the gelatin for 15 to 30 seconds in the microwave. While beating the reserved honey in the bowl with a hand mixer, pour the hot gelatin in. Continue mixing until the sugar/honey mixture in the saucepan is ready.

6. Once the sugar/honey mixture reaches 240°F, remove from the heat. While beating, gently trickle the hot mixture into the bowl with the honey and gelatin, and continue beating for about 10 minutes, until the marshmallow mixture has turned opaque,

fluffy, and roughly doubled in size. Add the vanilla and citric acid, and beat for another 5 minutes, until it has roughly tripled in size and is quite thick. Divide the marshmallow mixture between two bowls, add your choice of coloring and flavors and then transfer to the prepared piping bags.

7. Working quickly, pipe the marshmallow into long lines on the dusted parchment paper, continuing until it is all used up. Dust the tops of the marshmallows with the reserved coating, and allow to set for an hour or two, depending on the humidity of the workspace. When ready to be handled, the marshmallow should be mostly dry to the touch.

8. Gently peel one line of marshmallow of each color up from the parchment paper. Secure the ends together with a toothpick, and twist the rest up, securing the other end with a second toothpick. Replace on the parchment paper and repeat with the rest of the marshmallow; if the twists are inclined to unwind, set a mixing spoon or other lightweight utensil over the twisted ends to hold them down. Let the twisted marshmallows rest anywhere from overnight to 24 hours in order to allow them time to fully dry and set. When finished, they should be dry on the outside, but soft and chewy inside. Store in an airtight container.

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Ktarian Pudding

Source: *Voyager*
Culture: Ktarian

Difficulty: 1/4 pips
Preparation: 10 minutes
Chilling: 1 hour
Makes: 6 servings
Pairs well with: Ktarian Chocolate Puffs, Orion Spice Crumble, chocolate or fruit sauce, fresh fruit
Diplomatic plating: Consider piping into individual serving dishes, or even layering with the Orion spice crumble for a more dynamic look and taste.

Pudding, along with several fine vintages of wine, is arguably one of the very best exports from Ktaris. It's made with a special enzyme native to the planet that makes the dish all but melt in the mouth. The effect can be partially replicated in an Earth kitchen, and the flavor carries the rest.

Simple and straightforward to make, this recipe produces a highly rewarding dessert that will impress with its light consistency and rich, nutty flavor. This enormously versatile pudding is delicious as is but can also be served in a variety of other ways, including as a filling for Ktarian Chocolate Puffs, a topping for cakes, and even a dip for fresh fruit. It's decadent and inspiring, so a little goes a long way.

INGREDIENTS

1 cup creamy peanut butter
8 ounces cream cheese, at room temperature
¼ cup honey, or more to taste
1 teaspoon vanilla extract
1 teaspoon ground cinnamon
1 cup heavy cream

In a large bowl, beat together the peanut butter, cream cheese, honey, vanilla, and cinnamon until completely smooth. In a separate bowl, beat the heavy cream until it holds stiff peaks. Add about one-quarter of the whipped cream to the peanut butter mix and beat until completely combined. Fold in the remaining whipped cream by hand. At this point, the pudding can either be enjoyed as is, or covered and chilled for about 1 hour.

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I'danian Spice Pudding

Source: *Deep Space Nine*
Culture: I'danian

Difficulty: 2/4 pips
Preparation: 5 minutes
Cooking: 20 minutes
Makes: 4 servings
Pairs well with: Orion Spice Crumble
Diplomatic plating: Garnish with the Orion spice crumble, fresh fruit, dragées, and even a dollop of jam, with a sprinkle of ground spices. If serving a diverse group of guests, consider setting out the toppings to allow custom mixing.

This is one of the more common desserts throughout the Alpha Quadrant, but despite its prevalence, little is known about its origins. Countless variants exist, but what they all have in common is the inclusion of the *muskan* seed, which forms a gelatinous coating when soaked in water, similar to Earth basil or chia.

Despite its somewhat shady provenance, this dish has gained popularity as both a sweet breakfast and as a dessert. The texture is soft and filling, something akin to steel-cut oatmeal, while the bite of fresh spices adds a morning pick-me-up. The basic recipe is quite flexible, so nearly infinite variations exist, with differences in the spice profile, toppings, and so on.

INGREDIENTS

About 3 cups almond milk, warmed
2 tablespoons chia seeds
¾ cup rice
¼ cup sugar, or more to taste
Pinch of salt
1 teaspoon vanilla extract
½ teaspoon ground cinnamon

½ teaspoon ground ginger
½ cup yogurt, for serving
Toppings of choice (see Diplomatic Plating, above)

1. In a small bowl, combine ½ cup of the almond milk with the chia seeds and set aside to soak.

2. In a medium saucepan, combine the rice, 1 ½ cups of the almond milk, the sugar, salt, vanilla, and spices. Bring to a simmer over medium-high heat and cook, stirring periodically to keep it from sticking to the bottom of the saucepan, until the rice is soft, about 15 minutes.

3. Reduce the heat to medium-low, add the soaked chia seeds along with any liquid they haven't absorbed, and cook until the entire mixture is thick and the rice is quite soft, another 5 minutes or so. Add additional milk to achieve your desired texture, keeping in mind that the pudding will set as it cools.

4. This can be served either warm or chilled, but it is always doled out into individual serving containers and finished with a dollop of yogurt and toppings of choice.

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Sweet Leola Root Tart

Source: *Voyager*
Culture: Vulcan-Talaxian fusion

Difficulty: 3/4 pips
Preparation: 15 minutes
Cooking: 20 minutes
Makes: 1 tart; 8+ servings
Pairs well with: hot beverages, such as Raktajino or strong tea
Diplomatic plating: Drizzle with sweet Fettran Sauce to really take it over the top, or garnish with some Meringue Drops.

What began as a culinary experiment in the Delta Quadrant was quickly elevated to another level once the *USS Voyager* returned to Federation space. The idea of turning root vegetables into desserts is not a new one by any stretch, but the introduction of the newly discovered leola root kicked off a whole streak of innovation.

This tart may be at the top of the list when it comes to leola root–based desserts. Incredibly sweet, orange-hued icing tops a buttery, crumbly crust that practically melts in the mouth. The spicy kick of the leola burns pleasantly through the sweetness, making for a dessert that deserves lingering over.

COOKIE BASE

Softened unsalted butter for the pan
8 tablespoons unsalted butter, at room temperature
½ cup granulated sugar
1 cup all-purpose flour
½ cup oat flour
1 ½ teaspoons ground ginger
1 teaspoon baking powder

ICING

1 cup powdered sugar

½ cup cooked carrots
5 tablespoons unsalted butter, melted
2 tablespoons honey
1 tablespoon ground ginger

1. Make the cookie base: Preheat the oven to 375°F. Lightly butter a 9-inch tart pan.

2. In a medium bowl, cream together the butter and granulated sugar. Once smooth and fluffy, add both flours, the ginger, and baking powder, switching to mixing by hand if easier, until the mixture is completely and evenly combined. Press into the base of the tart pan.

3. Bake until the crust is a golden brown, 15 to 20 minutes.

4. Meanwhile, make the icing: In a small bowl, combine the powdered sugar, carrots, melted butter, honey, and ginger and puree with an immersion blender until smooth.

5. Pour the icing over the still-hot baked crust and let cool completely before serving.

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Tarvokian Powder Cake

Source: *The Next Generation*
Culture: Betazoid fusion

Difficulty: 2/4 pips
Preparation: 15 minutes
Baking: 40 minutes
Makes: 1 cake; 8+ servings
Pairs well with: herbal tea, such as Red Leaf Tea
Diplomatic plating: To really spruce up the appearance of this cake, consider dusting with shaved coconut or shaved white chocolate in place of the powdered sugar.

Tarvokian powder cake was popularized among the aristocracy of Betazed shortly after the planet became warp-capable. It seems that the nobility of the time was under the impression the cake was a cultural import from elsewhere in the Alpha Quadrant, when in fact it was a fusion food produced on early native starships that had come into contact with other civilizations. Light, sweet, and subtle, this cake was said by one daughter of the Fourth House to embody all of the virtues of a skilled interplanetary diplomat. It remains a popular dish at diplomatic functions on Betazed and now throughout the Federation.

The cake is nearly white and laced with a delicate floral flavor. The crumb is dense, which means even a modest portion is satisfying. Dusted with powdered sugar, it's just the right amount of sweet for an afternoon treat or a dessert that won't leave you feeling too guilty.

INGREDIENTS

Softened unsalted butter for the pan
½ cup granulated sugar
4 tablespoons unsalted butter, at room temperature
¼ cup vegetable oil
3 egg whites, at room temperature
1 teaspoon orange blossom water

1 teaspoon almond extract
1 ½ cups all-purpose flour
1 teaspoon baking powder
½ teaspoon baking soda
Pinch of salt
⅔ cup milk
Powdered sugar, for dusting

1. Preheat the oven to 350°F and lightly grease an 8-inch- square baking pan.

2. In a large bowl, with an electric mixer, cream together the granulated sugar, butter, and oil for several minutes until pale and fluffy. Add the egg whites one at a time while still beating. Mix in the orange blossom water and almond extract.

3. In a separate small bowl, combine the flour, baking powder, baking soda, and salt. Alternate adding the flour mixture with the milk in several batches, mixing as you go, until the batter is smooth. Scrape into the prepared pan.

4. Bake until lightly browned and a toothpick inserted into the middle of the cake comes out clean, 35 to 40 minutes.

5. Let the cake cool completely, then dust liberally with powdered sugar.

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Kalavian Biscuits

Source: *Voyager*
Culture: Talaxian

Difficulty: 2/4 pips
Preparation: 20 minutes
Baking: 25 to 30 minutes
Makes: about 2 dozen biscuits
Pairs well with: Fanalian Toddy or other hot tea
Diplomatic plating: Sprinkle a little extra matcha on the serving plate and offer a hot beverage.

Kalavian biscuits originated in the Delta Quadrant and were found on a Talaxian colony that was later destroyed in a long war with the neighboring Haakonians. The Federation starship *Voyager* was stranded in the Delta Quadrant for seven years, during which time a Talaxian chef named Neelix was taken aboard. He enjoyed sharing the cuisine of his native culture in part as a way of honoring a lost way of life—this recipe in particular may be among the only remnants of the Kalavia colony. Although Neelix did not accompany *Voyager* back to Federation space, these treats were so popular that the crew kept the recipe; it has since been adapted for ingredients readily available throughout the Alpha Quadrant.

The texture is one of gentle crunch on the outside that gives way to a soft and chewy interior, just sweet enough and with light flavoring. The white-dusted surface of each biscuit is streaked with cracks that show the green hues inside. They may be small but are addictive, so a single batch is not likely to last long.

INGREDIENTS

1 ¼ cups almond flour
1 cup all-purpose flour
1 cup granulated sugar

1 tablespoon matcha powder
Pinch of salt
2 egg whites
¼ teaspoon fresh lemon juice
½ teaspoon almond extract
¼ cup powdered sugar, or as needed

1. Preheat the oven to 300°F. Line a baking sheet with parchment paper.

2. In a medium bowl, combine with a mixer the almond flour, all-purpose flour, granulated sugar, matcha powder, and salt, whisking together until evenly mixed.

3. In a small bowl, beat the egg whites and the lemon juice for a few minutes until they form soft peaks. Stir the beaten egg whites, along with the almond extract, into the flour mixture. Start off mixing with a spoon, but it's fine to switch to bare hands if needed.

4. Place the powdered sugar in a small bowl. Scoop up about a tablespoon of the dough and roll it into a ball. Then roll the balls in the powdered sugar and place on the baking sheet, leaving about 1 inch between the balls.

5. Bake until the biscuits are set and the bottoms are lightly browned, 25 to 30 minutes. Allow to cool for about 10 minutes before serving.

Note: For a more unique version, stuff the dough balls with a few chocolate chips—white, milk, or semisweet chocolate are all great options—before rolling in the powdered sugar. This will give the biscuits a small gooey center once baked.

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Jiballian Fudge

Source: *Voyager*
Culture: Jiballian

Difficulty: 3/4 pips
Preparation: 15 minutes
Cooking: 20 minutes
Chilling: 3 hours
Makes: about 1 pound of fudge (roughly 2 dozen small pieces)
Pairs well with: chai tea or warm milk, such as Spiced Enyak's Milk, Raktajino
Diplomatic plating: Arrange the fudge on a decorative plate, or in a clear container if presenting as a gift.

Although known now throughout the Alpha and Beta quadrants predominantly as an ingredient in an elaborate layer cake, Jiballian fudge is a delectable treat in its own right. Not much is known about the Jiballians, although to the general knowledge of Federation chefs, they have contributed recipes for this confection, a spiced omelet, and an excellent berry salad. If these dishes are any indication, they're a culture with a nuanced appreciation for food.

This Delta Quadrant fudge is soft and somewhat chewy, culminating in a dark sweetness. The layered spices and other ingredients create a flavor profile that is at once both oddly familiar and a bit strange. It's delightful served alongside hot beverages, boxed up as small gifts, or just enjoyed as a little mood-boosting snack. Some chefs have even been known to incorporate it into ice cream, so feel free to get creative.

INGREDIENTS

Softened unsalted butter for the pan
1 cup diced dates
1 cup granulated sugar
½ cup packed light brown sugar

½ cup heavy cream
¼ cup molasses
½ teaspoon ground cinnamon
½ teaspoon ground ginger
4 tablespoons unsalted butter
Dash of vanilla extract
¼ cup mini chocolate chips

1. Lightly butter a sheet of parchment paper and press it into a standard 9 × 5-inch loaf pan.

2. In a medium saucepan fitted with a candy thermometer, combine the dates, both sugars, the cream, molasses, cinnamon, and ginger. Cook over medium heat, stirring occasionally to keep the dates from sticking to the bottom of the pan, until the mixture reaches 235°F (soft ball stage). Remove from the heat and add the butter, but do not stir.

3. Allow the fudge to cool in the pan for about 10 minutes, then add the vanilla and chocolate chips. Stir the mixture briefly for several minutes until it looks less shiny and feels slightly thicker. Transfer to the prepared loaf pan and refrigerate for 3 or more hours until firm.

4. Use the parchment paper to remove the fudge from the pan and cut into 1-inch squares.

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Snaildoodles

Source: Star Trek Online
Culture: Ferengi

Difficulty: 3/4 pips
Preparation: 20 minutes
Chilling: at least 1 hour
Baking: 10 minutes
Makes: several dozen cookies
Pairs well with: cold milk
Diplomatic plating: These pretty whorls are striking on their own, but they also work well as a flashy garnish to an ice cream sundae.

A favorite treat among Ferengi children (and more than a few adults), these decorative cookies are so named not only for their shape but also because traditional recipes call for snail juice as an ingredient. The inclusion of snail meat is also a popular one among parents who are trying to sneak a little extra protein into their children's snacks, along with the promise that it "will put wax on their lobes."

The cookies themselves are soft throughout, with the slightest crunch on the underside. Redolent with strong spices and just a hint of snail, they are eminently snackable, and their small size increases the likelihood that a plate of these morsels won't last long once set out.

DOUGH

4 tablespoons unsalted butter
4 ounces cream cheese
¼ cup Gorgonzola cheese (see Note)
1 cup sugar
1 large egg
1 teaspoon vanilla extract
½ teaspoon baking powder
2 ⅔ cups all-purpose flour

ASSEMBLY

⅓ cup sugar
2 teaspoons ground cinnamon
1 tablespoon unsalted butter, melted
1 teaspoon green and blue decorating sugar (optional)

1. Make the dough: In a bowl, with an electric mixer, cream together the butter, cream cheese, Gorgonzola, and sugar until smooth. Beat in the egg, vanilla, and baking powder. Finally, beat in the flour until there is a nice, thick dough that holds together. Wrap and chill the dough, if needed, to make it easier to handle.

2. To assemble: In a small bowl, combine the sugar and cinnamon. Divide the dough in half. Working with one half at a time, roll out into a rectangle roughly 12 × 8 inches. Brush the dough with the melted butter, then dust with the cinnamon sugar. Sprinkle with a few dashes of the colored decorating sugars if desired. Starting on a short side, roll the dough tightly into a coiled tube. Wrap both tubes and chill for at least 1 hour.

3. When ready to bake, preheat the oven to 375°F. Line a baking sheet or two with parchment paper.

4. Using a sharp knife, slice the dough into discs about ¼ inch thick and arrange on the baking sheets.

5. Bake until just starting to turn golden on the edges, 8 to 10 minutes. Allow to cool briefly on the baking sheet, then remove to wire racks to cool.

Note: For those who are not fans of snails (or blue cheese), simply replace with additional cream cheese. However, it should be noted that the finished cookies will lack that ineffable piquancy for which the main recipe is known.

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Rippleberry Ice Cream

Source: *Deep Space Nine*
Culture: Vorta-Human fusion

Difficulty: 2/4 pips
Preparation: 15 minutes
Freezing: 4+ hours
Makes: 4 to 6 servings
Pairs well with: sweet Fettran Sauce, in Slug-o-Cola as a float
Diplomatic plating: Use decorative dishes, and offer a variety of toppings according to the preferences of your guests, such as fresh fruit, sauces, dragées, etc.

Rippleberries are a fairly common Gamma Quadrant fruit, generally found in forest biomes where the plant's greenish-purple vines and tendrils wend their way into the treetops, a process that sometimes takes decades. Some vines may be close to a century old, if their thick, gnarled appearance is any indication. Regardless of age, each vine produces clusters of tiny dark purple fruit that appears to shift colors in the sunlight rippling through the leaves, hence its name.

One must never underestimate the capacity of humans to feature new ingredients in desserts, especially ice cream. This recipe incorporates the rippleberry in swirls of color and flavor throughout each batch. The tartness of the fruit is mellowed by the rich, sweet cream, making for a lovely and refreshing treat on its own, but dressed up with condiments and toppings, it can be a showy finish to any meal or special occasion.

INGREDIENTS

½ cup orange juice
½ cup raspberries
¼ cup blueberries
¼ cup sugar

Dash of balsamic vinegar
1 (14-ounce) can sweetened condensed milk
Pinch of salt
1 ½ cups heavy cream

1. In a small saucepan, combine the orange juice, both berries, the sugar, and vinegar. Cook over medium-low heat for about 10 minutes until the berries are soft and easily mashed. Press half the berries through a small sieve into a bowl and reserve their juice. Set the remaining berries aside.

2. Set out two medium bowls. Pour the condensed milk and salt into one and mix in the reserved berry juice. Pour the heavy cream into the other bowl and with an electric mixer beat until the cream is light and fluffy, about 1 minute. Fold about half the whipped cream into the condensed milk, then fold all of that mixture back into the remaining whipped cream.

3. Spread about half the whipped cream mixture into a 9 × 5-inch loaf pan. Spread the reserved berries over this layer, then add the rest of the whipped cream. Make several good swirls using a spoon to distribute the berries in a decorative layer.

4. Cover with foil and freeze for at least 4 hours or overnight. If the finished ice cream is too firm, let it soften slightly at room temperature for 10 to 15 minutes before serving.

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Uttaberry Cruffins

Source: *The Next Generation, Deep Space Nine*
Culture: Betazoid

Difficulty: 4/4 pips
Preparation: 20 minutes
Rising: 45 minutes
Baking: 20 minutes
Makes: 6 cruffins
Pairs well with: herbal teas, Ktarian Pudding
Diplomatic plating: Consider dusting the plated cruffins with a little powdered sugar and garnishing with edible flowers and Meringue Drops, and with extra jam on the side.

A favorite of Betazed, uttaberries are a small, dusky blue fruit that grow wild on low bushes. Prized for their juiciness and sensual aroma, they are often enjoyed fresh, but can also be used for jam, wine, pudding, and as a key ingredient in a wide variety of recipes both savory and sweet, such as these pastries. Popular as a breakfast food, these cruffins are generally purchased from a local bakery rather than made at home, largely due to the effort it takes to make them. But for special guests and visiting family, that effort is sometimes made, and it's understood that the more layers of tender pastry, the more honored the guest.

The cruffins are light and flaky, crisped on the outside but soft within, with buttery layers that all but melt in the mouth. The uttaberry jam is bursting with flavor, as well as the more delicate, almost spicy floral element that is unique to this berry. Together, the pastry and jam combine to create what is almost a cultural treasure on Betazed, but has rarely been enjoyed off-planet, as the berries resist cultivation.

INGREDIENTS

½ recipe Delvan Fluff Pastry
1 cup blueberries
½ cup sugar
½ teaspoon ground ginger
1 ½ tablespoons orange blossom water
1 ½ tablespoons all-purpose flour

1. Roll out the pastry dough on a lightly floured surface to a rectangle roughly 10 × 15 inches. With a short side facing you, use a sharp knife to cut the dough vertically into 9 long strips, then cut each of those in half, so there are 18 total strips measuring about 1 × 7 ½ inches. Roll each strip up like a miniature cinnamon bun, then squeeze 3 together and place in the cup of a muffin tin. Repeat for a total of 6 cruffins. Cover lightly and let rise until the dough is noticeably larger and puffy, for about 45 minutes.

2. While the cruffins are rising, in a small saucepan, combine the blueberries, sugar, and ginger. Cook over medium heat until the berries have released their juices and have mostly broken down, about 10 minutes. Roughly mash the berries. In a small bowl, combine the orange blossom water and flour. Add this mixture to the saucepan, stirring to incorporate it completely. Cook for another 5 minutes or so to thicken the jam filling, then remove from the heat.

3. When the pastry dough has risen and looks ready to bake, preheat the oven to 400°F.

4. Using the tip of a knife or a small spoon, make a small indent in the middle of the cruffin dough where the 3 coils meet. Add ½ to 1 teaspoon of jam filling to each pastry, taking care not to overfill. (Reserve any extra jam filling.)

5. Bake until the tops are a rich golden brown, 18 to 20 minutes.

6. Let cool in the pan for about 10 minutes, then remove to plating. Top the centers of the cruffins with extra jam filling if needed, and serve the same day.

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DRINKS

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Raktajino

Source: *Deep Space Nine, Voyager*
Culture: Klingon

Difficulty: 2/4 pips
Preparation: 5 minutes
Cooking: 15 minutes
Makes: about 4 servings
Pairs well with: breakfast pastry such as Kava Rolls
Diplomatic plating: Many variants of *raktajino* exist, and everyone has their favorite. If possible, determine your guests' preferred version and have available all they need to realize it, from spices to whipped cream topping.

The drink that is now known across the galaxy as *raktajino* actually started as quite a different Klingon beverage with a similar name: *ra'taj*, a highly stimulating concoction laced with alcohol. It has since evolved into the more familiar, and arguably gentler, beverage favored by a number of species as an invigorating start to the day.

While this traditional preparation of *raktajino* involves a messy process, the finished beverage is incomparable. It has a beautiful clear amber color, mellow flavor, and rich aroma. With all the reviving qualities of Earth coffee but none of the bitterness, it is equally good served hot or iced, with a nearly endless number of possible flavor variants.

INGREDIENTS

1 cup freshly ground dark roast coffee
1 egg
Optional flavorings: whole peel from a citrus fruit, 2 tablespoons candied ginger, 1 teaspoon ground cinnamon, or sweetened condensed milk

1. In a pot, bring 5 cups of water to a rolling boil. In a small bowl, mix the ground coffee and the entire egg, shell and all, along with any other flavorings. Add the mixture to the boiling water, then reduce the heat to a gentler simmer and cook until the foam subsides and the grounds have formed a sort of floating raft at the top of the pot, about 5 minutes. Remove from the heat and pour in 1 cup cold water, which should sink the raft of grounds. Let sit for an additional 5 minutes.

2. Strain into serving mugs and enjoy warm, or strain into a pitcher and chill to enjoy an iced version.

Note: While this recipe covers the basic preparation, more innovative flavorings can also be added to either the brew itself or to a dollop of whipped cream on top, which can be augmented further with peppermint or vanilla. For an even more robust version, arguably closer to Klingon *ra'taj*, consider adding a splash of strong spirits, such as whiskey or rum.

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Spiced Enyak's Milk

Source: *Deep Space Nine*
Culture: Unknown

Difficulty: 1/4 pips
Preparation: 5 minutes
Cooking: 5 to 10 minutes
Makes: 1 serving
Pairs well with: cookies or other baked goods, such as Kalavian Biscuits or Snaildoodles
Diplomatic plating: If your guests are having trouble sleeping, be sure that their accommodations match their comfort needs. Many individuals struggle to feel fully at ease in a strange environment, and it is up to you to ensure every effort is made on their behalf. Have this beverage presented on a small tray with a warm towel, and some not-too-engaging reading material.

There is nothing inherently special about the milk of the *enyak*, a domesticated bovine-like quadruped native to Bajor, apart perhaps from the yellowish tint of the milk. However, this recipe can be made with any milk readily available, including those derived from plants.

Variations on a warm milk drink to aid sleep appear in a wide range of cultures across the galaxy, from Earth to Cardassia Prime. It is thought that perhaps an enzyme helps to make the body receptive to sleep, but it may simply be the act of drinking a calming beverage that realigns the mind to that end. At any rate, the light spices and slight sweetness of this drink are sure to please representatives from many cultures.

INGREDIENTS

1 ½ cups milk of choice
2 chamomile tea bags
Dash of vanilla extract

1 cinnamon stick
Pinch of ground cloves
Pinch of ground turmeric
Honey or sugar
Ground cinnamon, for garnish

1. In a small saucepan, combine the milk, tea bags, vanilla, and spices. Bring to just under a simmer over medium-low heat. When the milk is steaming but not bubbling, let it continue to warm for several minutes to allow the flavors to develop.

2. Remove from the heat and strain into a large mug. Add sweetener to taste and garnish with an extra pinch of spices used in the recipe and serve warm.

Note: If you have a French press coffee maker handy, you can effectively froth the strained beverage by pumping the filter up and down several times to create a pleasing foamy layer before pouring into the serving mug.

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Klingon Bloodwine

Source: *The Next Generation, Deep Space Nine, Voyager, Enterprise, Lower Decks*
Culture: Klingon

Difficulty: 2/4 pips
Preparation: 5 minutes
Warming: 15 minutes
Makes: 1 serving
Pairs well with: roasted meats, Gagh
Diplomatic plating: If trying to impress Klingon guests, one is better off hunting down an older vintage of bloodwine made by one of the premier houses—the 2309 vintage is considered by many to be an especially good year. For non-Klingon guests, this recipe should serve as an interesting diversion, presented slightly warmed, in decorative goblets or heatproof glassware.

As the traditional recipes for bloodwine are closely guarded secrets of the Klingon houses that produce them, it's unclear what variety of blood—if indeed any—is included in the making of this ancient beverage. Historically, it's possible that fresh *targ* blood was added to the large cauldrons in which the wine was warmed (but never boiled) to make a more fortifying drink for warriors going into battle. It is possible that the connection to blood is in language only, called so for either its ability to inflame a warrior's zeal or simply its similarity in appearance. Indeed, the imagery of blood is a recurring one throughout Klingon history and myth, usually associated with great deeds and glory, so this explanation is equally probable.

This adapted version of bloodwine is highly intoxicating, with a rich, earthy quality that balances the slight sweetness of red fruit. The spicy heat of the beverage goes straight to the bones, sending waves of warmth rippling outward. Layers of flavor and a surprising amount of

nuance encourage a second helping, but care should be taken by non-Klingon species while consuming, as bloodwine is considerably stronger than many standard Federation cocktails.

INGREDIENTS

2 ounces beet juice
1 ounce pomegranate juice
1 ounce prune juice
1 ounce cinnamon whiskey
1 ounce spiced rum
2 ounces red wine, such as cabernet sauvignon

In a small saucepan, combine the beet juice, fruit juices, and alcohols. Heat over medium heat until steaming, but not bubbling. Pour into a heatproof drinking vessel and serve immediately.

Note: This recipe is for a single serving, but for several guests, simply scale up accordingly. And if the full-bodied nature of bloodwine is not to one's liking, instead, homage can be paid to this great and noble culture by adding a splash of the beverage to a standard vodka martini.

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Icoberry Spritzer

Source: *Deep Space Nine*
Culture: Federation

Difficulty: 1/4 pips
Preparation: 5 minutes
Cooking: 10 minutes
Chilling: 1 hour
Makes: 4+ servings
Pairs well with: Kava Rolls, I'danian Spice Pudding
Diplomatic plating: Garnish with a twist of lime and a few berries on a cocktail skewer, and serve with a straw. It is worth noting that some Trill have reported a mild allergy to icoberry juice, stating that it makes their spots itch, so be sure to warn any Trill guests before serving.

With blue skin so dark it is nearly black, the icoberry is a fairly common fruit found across much of the Alpha and Beta quadrants. It is a biennial, meaning that any given icoberry bush will produce heavily only every other year; so competent farmers know to stagger their crops for an annual harvest, ensuring they have enough produce to sell to planets like Risa.

The Breen are said to enjoy their icoberry juice frozen solid into a sort of ice pop, but this particular recipe creates a refreshing spritzer. The lush purple juice settles in the glass, giving a striking ombré appearance, with stronger flavors likewise at the bottom.

INGREDIENTS

8 ounces blueberries
6 ounces blackberries
½ cup sugar
1 tablespoon fresh lime juice
Seltzer, to top up

1. In a medium saucepan, combine the berries, sugar, and 1 cup water. Cook over medium-low heat, mashing the berries occasionally, until no large pieces remain, 5 to 10 minutes.

2. Puree with an immersion blender, then pour through a sieve into a bowl (discard the seeds). Add the lime juice and refrigerate until well chilled, about 1 hour.

3. To serve, combine in a 1:1 ratio with an unflavored or citrus seltzer.

Note: For an alcoholic version, substitute prosecco or Champagne for the seltzer.

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Muskan Seed Punch

Source: *The Next Generation*
Culture: Haliian

Difficulty: 1/4 pips
Preparation: 10 minutes
Soaking: 1 hour
Makes: 2 servings
Pairs well with: salty snack foods, spicy meals
Diplomatic plating: This beverage is striking in its own right, but may be garnished with a small orange slice.

This traditional Haliian beverage is most often made during the annual celebration of Batarael, although it can be enjoyed the rest of the year as well. Prized for its nutritional value, the muskan fruit resembles an elongated melon, but is filled with thousands of minuscule seeds. Those seeds, when soaked in liquid, form a sort of gelatinous coating that makes the drink more filling. This is an especially valuable attribute in the hot weather of harvest time, when even the most robust appetite wilts.

Because of the peculiar nature of the muskan seeds, the resultant beverage is somewhat unusual in texture, and off-putting to many an off-worlder. The flavor is equally unusual, almost vegetable-like twinned with a sweeter fruit. However, this is one of the few recipes that cannot be properly replicated, and so it's well worth trying for those with adventurous tastes.

INGREDIENTS

1 cup orange juice
1 cup carrot juice
1 tablespoon grated fresh ginger
¼ cup chia seeds
Pinch of cayenne pepper

In a large pitcher, combine the juices, ginger, chia seeds, and cayenne, stirring occasionally for 10 minutes, allowing the chia seeds to gel. Chill for 1 hour to let the seeds fully expand. Serve without ice.

Note: Several enterprising individuals have been experimenting with making muskan seed punch more palatable to a wider range of species, noting that adding 4 ounces of tequila to the above recipe and shaking with ice will result in a sort of strange margarita.

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Romulan Ale

Source: *The Next Generation, Deep Space Nine, Picard, Lower Decks*
Culture: Romulan

Difficulty: 1/4 pips
Preparation: 5 minutes
Makes: 1 serving
Pairs well with: salty bar snacks, more refined diplomatic dinners
Diplomatic plating: Consider serving with a slice of starfruit as a garnish.

Romulan tradition holds that this distinctive blue beverage, brewed from the sweet-grain *kheh*, was once a drink of agricultural rustics and other lesser-valued denizens of the Romulan Star Empire. It was the first Romulan praetor, Pontilus, who changed the cultural status of Romulan ale by calling for it loudly and often at state functions. Some historians argue that Pontilus was demonstrating that he did not fear assassination, as the smooth, sweet profile of the drink could easily obfuscate a variety of poisons. Others suggest that by choosing a drink typically rejected by senators as too pedestrian, Pontilus was demonstrating that his dignity was beyond reproach. Whatever the case, his habits set a trend among the upper classes that continues to the present day. Romulan ale is now synonymous with strength and sophistication throughout their culture.

Despite the fact that Romulan ale has been officially illegal in the Federation for much of the last two centuries, it has nevertheless been popular among those with the means to obtain it, including many senior starship officers. Since the Federation alliance with the Romulans during the Dominion War put an end to the embargo, demand has grown rapidly. Crewmen intending to partake should be cautious, however: Romulan ale is deceitfully potent and even members of species renowned for robust constitutions report

struggling to perform their duties after waking from an evening of indulgence.

INGREDIENTS

2 ounces blue sports drink
1 ounce white rum
1 ounce blue Curaçao
Ice
About 3 ounces lemon-lime soda, or to taste

Add the sports drink, rum, and Curaçao to an ice-filled tumbler. Top up with the soda. The recipe can also be scaled up and served in a pitcher for larger gatherings.

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Til'Amin Froth

Source: *The Next Generation, Deep Space Nine*
Culture: Federation

Difficulty: 2/4 pips
Preparation: 10 minutes
Makes: 2 servings
Pairs well with: Starfleet Food Rations
Diplomatic plating: Orange twist for garnish.

Like many remarkable innovations of the last hundred years, Til'Amin Froth was first created at the Utopia Planitia Shipyards on Mars. This beloved beverage was popularized at the Engine Room, a recreational facility for off-duty Starfleet personnel, where two rival plasma coil maintenance engineers, Rodrick Til and Jarrah Amin, both claimed to be the inventor of the bar's most renowned cocktail. To resolve the dispute, the bar's manager, a Tellarite named Graal, hosted an official naming ceremony for the fledgling drink, at which he declared with great solemnity that the rivals had become co-fathers to the newly dubbed "Til'Amin Froth."

With a flavor that hovers somewhere between fruity and floral, the Til'Amin Froth has proved to be popular, quickly moving across the galaxy from starship to trading post. Customarily served cold, its creamy texture and slight sweetness blend beautifully with each other, while the fizziness adds a refreshing zip to the end of a long shift.

INGREDIENTS

Ice
1 ½ ounces gin
¾ ounce peach schnapps
1 teaspoon powdered sugar
1 ounce heavy cream
½ ounce orange blossom water
1 egg white, pasteurized

2 ounces citrus seltzer

In an ice-filled cocktail shaker, combine the gin, schnapps, sugar, cream, and orange blossom water. Shake vigorously for about a minute to chill, then scoop the ice out. Add the egg white and shake for another 30 to 60 seconds. Pour into decorative glasses, then top off with the seltzer, which should float the froth to the top of the drink.

Note: For an extra flavorful zip, consider swapping the peach schnapps for one of the many liqueurs made from the juice of *ka'tarlk*, a variety of Klingon blood orange.

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A Note on Tea and Infusions

A hot beverage of water steeped with dried plant matter seems to be, curiously, an almost universal concept across known space. It can be found in many iterations, from the Fredalia tea of Kaminar to the Earl Grey of Earth. It is enjoyed by a wide range of species, including Starfleet officers from admirals down to ensigns.

On Earth, "tea" technically refers to beverages made from the dried leaves of the *Camellia sinensis* plant, while anything else is considered a tisane or infusion. These infusions can include flowers, roots, bark, fruit, herbs, spices, and countless other ingredients from the far-flung corners of the galaxy.

They can also be enjoyed in a variety of ways, according to the preferences of the native species, from hot to iced, sweetened or salted, weak or strongly infused with spirits for medicinal purposes. Many cultures also have specific rituals that are centered around tea, so be sure to read up on the relevant entries before embarking on a diplomatic mission.

Below are instructions to make a good pot of Earl Grey tea, an Earth variety that has been immensely popular for centuries. It has a medium-bodied flavor with hints of citrus from the inclusion of bergamot, and is an ideal representative of Earth teas.

How to make a good pot of Earl Grey tea

1. Begin by bringing a kettle of water to just under a boil, approximately 200 degrees Fahrenheit or 360 degrees Kelvin.

2. Pour a splash of the hot water into a teapot and swirl to warm it, then pour out the water.

3. Add a teaspoon of loose leaf Earl Grey tea per cup of hot water, plus an extra teaspoon “for the pot.”

4. Let this infuse for about 4 minutes, then strain out the tea.

5. The finished tea is best served without milk, but some Earth cultures do prefer it with a dash of dairy. Sweeten to taste with sugar or honey, and offer lemon slices for an extra dash of citrus.

6. To make the tea into a more fortifying beverage with the addition of spirits, consider swapping the milk for a cream liqueur.

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Red Leaf Tea

Source: *Deep Space Nine*
Culture: Cardassian

Difficulty: 1/4 pips
Steeping: 15 minutes
Makes: 2 servings
Pairs well with: breakfast pastries, such as Kava Rolls
Diplomatic plating: Garnish with a small slice of citrus fruit.

This popular breakfast beverage is made from the Ithian tree, whose young leaves turn from brilliant coppery to a beautiful red when dried. This striking color is the primary reason that the Ithian tree is often planted along walking corridors on Cardassia Prime.

While not caffeinated, the simultaneously sweet and spicy flavor makes for a refreshing and invigorating start to the day. The lingering heat builds into a warmth whether the drink is served hot or iced, and the appealing garnet hue makes it a welcome addition to any breakfast platter.

INGREDIENTS

2 or 3 hibiscus tea bags, depending on desired strength
½ cup orange juice
2 cinnamon sticks
Pinch of ground black pepper
Pinch of cayenne pepper
Honey or brown sugar

1. In a small saucepan, combine 2 cups water, the tea bags, orange juice, cinnamon sticks, black pepper, and cayenne. Bring to a boil over medium heat, then reduce the heat to low and let steep for about 15 minutes.

2. Strain into a heat-resistant pitcher or large mug, sweeten to taste with honey or brown sugar, and enjoy either immediately hot or later as an iced beverage.

Note: For a slightly more exotic taste, consider swapping the black pepper for an older Earth variety of peppercorn, such as grains of paradise, long pepper, or cubeb.

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Fanalian Toddy

Source: *Deep Space Nine*
Culture: Federation

Difficulty: 1/4 pips
Preparation: 5 minutes
Makes: 1 serving
Pairs well with: biscuits, cookies, etc.
Diplomatic plating: Use the good china, according to the culture of your guests.

The Fanalian toddy has been a popular cure-all among Starfleet Academy cadets for as long as that institution has existed. Stories abound concerning its ancient origins as a folk remedy on a dozen different planets, and one popular tale even holds that the recipe was inspired by a ceremonial aphrodisiac enjoyed by the Andorians. Unfortunately, all this lore is likely apocryphal, as no such evidence exists; it is distinctly possible that this particular drink simply originated within the halls of the Academy itself.

Made with the best Fanalian tea, this beverage soothes the soul as much as the throat. The calming floral infusion provides the base for the other ingredients, while the spirits give it a pleasant burn. The inclusion of vitamin-packed squill syrup provides a much-needed healthy boost to the immune system along with a dash of sweetness. In short, a steaming mug of this will go a long way to curing what ails you.

INGREDIENTS

8 ounces boiling water
1 chamomile tea bag
1 ounce whiskey
1 ounce Syrup of Squill
Honey, to taste

Pour the boiling water over the tea bag in a heatproof mug. Let steep for at least 3 and up to 5 minutes, then stir in the whiskey and Syrup of Squill. Sweeten with honey to taste. Enjoy hot.

Note: If you are fresh out of Syrup of Squill, a dollop of rosehip or berry jam can be substituted.

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Risan Mai-Tai

Source: *Enterprise, Discovery*, Star Trek Online
Culture: Risan

Difficulty: 2/4 pips
Preparation: 5 minutes
Makes: 1 serving
Pairs well with: salty snacks, fresh fruit
Diplomatic plating: Garnish with skewers of exotic fruit and serve alongside other fruits and snacks.

The Risans are known for their boundless hospitality, which is what makes Risa such a sought-after vacation spot. With overflowing buffets and drinks that just keep coming, this paradise deserves its reputation as the Alpha Quadrant's pleasure planet.

This cocktail, a Risan spin on the Earth beverage, takes advantage of spiced rum and native fruits that thrive in Risa's mild climate. The flavor is incomparable: easy to drink, refreshing, and well balanced, which is what makes it both so well-known and such a source of regret for many tipplers the morning after a long night on the beach.

INGREDIENTS

Thin slices of kiwifruit, plus 1 slice for garnish
Crushed ice
3 ounces mango juice
1 ounce spiced rum
½ ounce triple sec
½ ounce cinnamon whiskey
A few drops of Angostura bitters
Splash of grenadine

Layer the kiwifruit slices along the bottom of a large glass with a deep bowl and fill two-thirds full with crushed ice. In a cocktail shaker, combine the mango juice, rum, triple sec, cinnamon

whiskey, and bitters. Shake just enough to mix thoroughly, then pour into the glass. Drizzle a little grenadine on top, allowing it to sink to the bottom of the glass for color, then garnish with a slice of kiwi and serve.

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Green Drink (Extra Green)

Source: *Discovery*
Culture: Federation

Difficulty: 2/4 pips
Prep: 15 minutes
Makes: about 1 ½ cups; 1 serving
Pairs well with: either healthy snacks or to balance a less healthy meal
Diplomatic plating: Although an inelegant beverage, it can be helped along with more elegant glassware. As it is a healthy choice, serve alongside comparable snacks.

Green has long been considered by many cultures to be a color of health and vitality. This beverage is made extra green with the inclusion of a cancer-inhibiting compound originally found on Jupiter's moon Ganymede. That same compound is used in several emerald-colored liquors, which are fairly difficult to come by but well worth sampling, should the opportunity arise.

Considerably better for one than those unusual distillations, this nutrient-packed green drink has a bright flavor and refreshing zing. It's especially good served over ice and is healthy enough to balance out even the most loaded plate of fries.

INGREDIENTS

2 cups kale or baby spinach
½ cucumber, roughly chopped
1 apple, cored and chopped
¼ cup fresh lemon juice
1 inch fresh ginger, peeled and grated
1 teaspoon spirulina powder

In a blender, combine all the ingredients and puree until very smooth. If a little texture is preferred, leave it as is. Otherwise strain it through a fine-mesh sieve, pressing the pulp with a

spoon to extract as much of the juice as possible. Serve immediately for maximum freshness.

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Slug-o-Cola

Source: *Deep Space Nine*
Culture: Ferengi

Difficulty: 2/4 pips
Preparation: 10 minutes
Infusing: 30 minutes
Makes: 6 servings
Pairs well with: Rippleberry Ice Cream as a float
Diplomatic plating: Consider serving the two main components, the syrup and the seltzer, side by side in decorative bottles or decanters to allow guests to mix to taste.

Often considered the slimiest cola beverage in the galaxy, this is Ferengi in origin but has gained a strong cult following. The beverage was nearly beaten out of the market by its rival, Eelwasser, but in the late 2370s made significant financial gains after a campaign to sell it to female Ferengi.

The original recipe for this cola used to require fermentation in the more traditional Ferengi style, but as sales picked up, it was streamlined for mass production to eliminate the waiting period. This version approximates the color and flavor of modern Slug-o-Cola, producing a fizzy beverage that is fairly sweet and unusually flavored. The official recipe is a closely guarded secret, of course, which is no surprise given how lucrative a business it has become.

INGREDIENTS

½ cup orange juice
1 cup sugar
1 teaspoon matcha powder
1 teaspoon ground turmeric
Dash of spirulina powder (optional)
1 medium cucumber, skin-on, shredded
Grated zest and juice of 1 lime

Dash of anise flavoring
Dash of vanilla extract
Green food coloring (optional)
13 liters seltzer water

1. In a small saucepan, combine the orange juice, sugar, matcha, turmeric, and spirulina (if using). Cook over medium heat, stirring occasionally, until the sugar has dissolved. Remove from heat and stir in the cucumber and lime. Cover and let the syrup infuse for about 30 minutes.

2. Strain into a clean container and add the anise, vanilla, and the desired amount of food coloring (if using).

3. For each serving, combine ⅓ cup of the syrup mixture with 8 ounces of seltzer (or tweak the proportions of seltzer and syrup to taste).

Note: For a more mature, barside version, substitute tonic water for the seltzer and add an ounce (or two) of gin.

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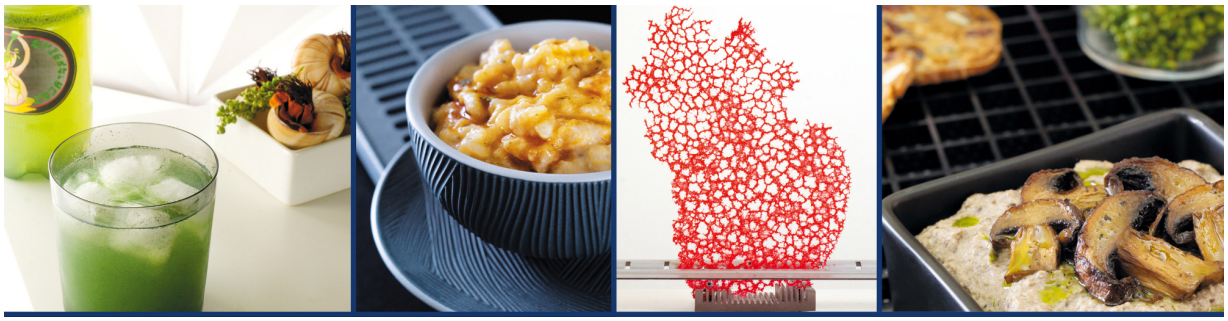

MENU SUGGESTIONS

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A Hearty Breakfast

Porakan Cloud Eggs
Groatcakes with Syrup of Squill
Kava Rolls
I'danian Spice Pudding
Raktajino or Red Leaf Tea

Vegetarian

Plomeek Soup with Greenbread
Chadre'kab or Vulcan Pok Tar
Green Drink (Extra Green) or Icoberry Spritzer

A Casual Meal

Argelian Coleslaw
Pizza with Bunnicorn Sausage
Rippleberry Ice Cream
A fruity red wine

A Dramatic Meal to Impress

Quadrotriticale Salad
Deviled Regova Eggs
Lingta Roast, served with Fettran Risotto
Sweet Leola Root Tart or Uttaberry Cruffins
Muskan Seed Punch

Street Food Sampler

Tube Grub Skewers
Denobulan Sausages
Krada Leg Skewers
Jiballian Fudge
Slug-o-Cola

An Elegant Meal

Seltin Pâté with mini toast or Lorvan Crackers
Bularian Canapés
Cream of Leola Soup with Kimden Rolls
Spatchcocked Tribble with Mashed Andorian Tuber Root
Ktarian Chocolate Puffs

A Colorful Meal

Starfleet Food Rations
Andorian Cabbage Soup with Norellian Twist Bread
Kalavian Biscuits
Romulan Ale

A Buffet

Tellarite Veggie Dip
Enaran Algae Puffs
Riskian Cheese Pastry
Tube Grub Skewers
Deviled Regova Eggs

Osol Twists
Snaildoodles
Jiballian Fudge

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About the Author

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A lifelong artist and fan of fantasy, Chelsea Monroe-Cassel discovered her passion for interesting food during a year living abroad in Turkey. Like the literature and fictional settings she loves, Chelsea's work is a synthesis of imagination and historical research. Applying her multifaceted creativity to that work has led her to a career of transforming imaginary foods into reality for a wide range of fandoms. She greatly enjoys foreign languages, treasure hunting, history, and all things related to honey. She and her husband live in an old Vermont farmhouse with their family, cats, honeybees, and an assortment of poultry. Chelsea is the coauthor of *A Feast of Ice and Fire: The Official Game of Thrones Companion Cookbook* and the

author of *World of Warcraft: The Official Cookbook*; *World of Warcraft: New Flavors of Azeroth: The Official Cookbook*; *Star Wars: Galaxy's Edge: The Official Black Spire Outpost Cookbook*; *Overwatch: The Official Cookbook*; *Hearthstone: Innkeeper's Tavern Cookbook*; *Firefly: The Big Damn Cookbook*; and *The Elder Scrolls: The Official Cookbook*.

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